

WELCOME TO WEIGHT WATCHERS!

WE ARE PLEASED TO
BRING THIS CONVENIENT
ON-SITE MEETING TO
YOUR COMPANY.

WEIGHT WATCHERS
AT WORK MEETINGS
ARE DESIGNED TO SERVE
THE NEEDS OF WORKING
MEN AND WOMEN. THE
SERIES CONSISTS OF WEEKLY
MEETINGS HELD EARLY
MORNING, AFTER WORK,
OR AT LUNCHTIME.



AT WORK MEETINGS MEMBER GUIDELINES

WEIGHT GUIDELINES

In order to join any Weight Watchers meeting, you must have at least five pounds to lose to reach a weight that is within the Weight Watchers Weight Range for your height and age. Individual concerns should be discussed with a Weight Watchers staff person.

CONFIDENTIALITY

Personal concerns discussed in the meeting are held in confidence, a need respected by others in the group and by the Weight Watchers staff.

COACHING AND REAL-LIFE INSIGHTS

Weight Watchers staff are Lifetime Members who understand the challenges of weight management. We're here to help you reach your goals and provide you with support along the way.

PRE-REGISTRATION

All participants must pre-register. Registration and prepayment are needed one week prior to the date a series begins. For your convenience, we accept checks, cash, MasterCard®, Visa®, Discover® Card, and American Express®. A split payment is also available on Weeks 1 and 2 only. This is a non-refundable program. However, you will be eligible for a prorated refund if you reach Lifetime Membership during the series or if you are a Lifetime Member who is above your weight goal and you return to your weight goal during a series. For more information, see reverse side for *Frequently Asked Questions*.

WEIGHING IN

Weigh-in occurs during the first part of the meeting. The remainder of the meeting is spent discussing, goal setting, and motivating.

MISSED MEETINGS

Once you're an At Work member, you can attend meetings in your community at no additional charge. You must bring your At Work Membership Book with you to verify that you are a current member and that you have prepaid. If another At Work meeting is currently available in your company, you may attend at no additional charge. Again, please bring your At Work Membership Book with you.

ATTAINING YOUR WEIGHT GOAL

We hope that the meeting at your company will continue after each series. However, if your meeting does not continue, you will have four weeks in which to join another Weight Watchers meeting in order to remain a current member. You will not be charged a Registration Fee or a Missed Meeting Fee if you join within the four weeks and bring your current At Work Membership Book to the meeting.

**For more information about
At Work meetings, call:**

**1-800-8-AT-WORK
(1-800-828-9675)**

AT WORK MEETINGS

FREQUENTLY ASKED QUESTIONS

What happens if I miss the scheduled Weight Watchers meeting?

If you are absent from work or are unable to get away from your desk, you may attend any other Weight Watchers meeting in your community *that week* instead. Another great benefit is that you may also attend as many additional meetings as you'd like at no additional charge – just be sure to bring your At Work Membership Book!

I am currently attending Weight Watchers meetings in my community. May I transfer into the meeting in my workplace?

Yes. Bring your payment for the full cost of the series to your company contact as soon as possible. Also, please bring your current Membership Book to the first meeting so we can record your Membership Number and weight-loss progress. There is no Registration Fee.

I bought prepayment coupons at a meeting in my community. Can I use these in the At Work meetings?

Yes. As long as the prepayment coupons have not expired you may apply them to one series only and you must pay the difference. At the first meeting you will turn in one coupon for each week of the series and the payment for the difference. If you do not have enough coupons to cover the full series, you will need to pay the balance on the first week using a check, cash, or credit card.

I am a Lifetime Member. May I join an At Work meeting?

Absolutely! Your series fee is determined as follows:

If you are within two pounds of your weight goal, you weigh in and attend the meeting for free, but you are *not* counted toward your group's membership minimum.

If you are three to seven pounds over your weight goal, you pay weekly until you are back at your weight goal. You are not counted toward your group's membership minimum.

If you are more than seven pounds above your weight goal, you pay for the entire series. If you reach your weight goal before the series is completed, you are entitled to a prorated refund for the remaining weeks of the series. You do not need to repeat the maintenance phase of the Program and you *will* count toward your group's membership minimum.

What is the refund policy?

At Work meetings are a prepaid, nonrefundable offering. Refunds are given only for medical reasons (with a doctor's note), if you reach Lifetime Membership (see previous question), or if you leave the company.

