



# Weight Watchers®

## Lose Weight, Earn Gift Cards, Pay Only \$2 a Meeting

When you're overweight, those extra pounds can lead to heart disease, high blood pressure and diabetes. They can also make you unhappy. We want you to feel good and feel good about the way you look. That's why we want to help you get the weight loss help you need — from one of the premier providers of weight loss services in the Delaware Valley, Weight Watchers® of Philadelphia, Inc.!

As a member of Health Partners Plans, you can lose weight with Weight Watchers for only \$2 a meeting. All you have to do is meet the simple requirements explained on this sheet.

You must be at least five pounds overweight to join Weight Watchers. You must also be a member of one of our health plans when you start the program and throughout the benefit period. (If your enrollment in our plan ends, your benefit will stop at the end of the benefit period.)

## Getting Started

**Why wait?** You can start enjoying the benefits of healthier eating habits right away:

Call Member Relations anytime at 1-888-HPP-9800 (1-888-477-9800) to sign up for this benefit. TTY users call 711. We will pay your membership fee to Weight Watchers and send you 10 coupons to attend weekly Weight Watchers meetings for only a \$2 copay.





- Take coupon #1 to the Weight Watchers meeting location of your choice, show your Health Partners Plans member card and pay your \$2 copay. That’s all there is to it.
- Every week after that, go to the same meeting location, present the proper coupon and pay your copay. (You must also present your coupon and pay \$2 for any weeks you missed.)
- To continue to qualify for the benefit, you must lose at least one pound a month. Then check “Yes” on coupon #8 to tell us you want to continue, and we will send you coupons for the next 10-week benefit period. (If you do not meet this weight loss requirement, you will need to wait out one 10-week period before you can re-enter the program.)
- You are also eligible to earn supermarket gift cards when you continue in the program.

**Important Note: You must wait for your coupons to continue with the Weight Watchers program. If you pay for a meeting out-of-pocket, Health Partners Plans will not reimburse you.**

## Keep in Mind

- We recommend that you talk with your doctor before beginning any weight loss program. Weight Watchers requires a doctor’s note with a goal weight for children ages 10-16. The program is not open to children under age 10.
- You can get meeting locations by calling Weight Watchers toll-free at 1-800-456-6363. You can also find meetings by going to the Weight Watchers link on our website or the “Find a Meeting” link at [www.wwphl.com](http://www.wwphl.com). This benefit does not cover meetings attended online.
- In addition to meeting our program requirements, you must follow all Weight Watchers rules to continue your Weight Watchers membership.

For more information, call Member Relations:

**1-888-HPP-9800 (1-888-477-9800)**  
TTY 711



**Health Partners Plans**