



Thank you for your interest in **Weight Watchers®** and our **At Work Program!**

Weight Watchers is pleased to bring this convenient on-site meeting opportunity to your company. **The At Work Program** is the same program that is delivered in weekly Weight Watchers meetings, except that with our At Work meeting your employees gather in a conference room or other area in their workplace. The essentials of healthy weight loss, good nutrition, and behavior modification are discussed.

Weight Watchers will provide:

- An At Work Series consists of weekly meetings held before or after work, during the lunch hour, or any convenient time of the day for the group. Each series is 10 weeks in length and costs \$98.00. The series can renew indefinitely, as long as there is enough membership, and we have a leader available.
 - **Prepayment** for the 10 weeks is required prior to the start of the series. Employees also have the option of paying in two (2) installments of \$55.00 each, at registration and on week 5. Please note that, based on the cost for meetings at a Traditional site, there is a savings of \$32.00 for members choosing to prepay for the entire 10 week series, and a savings of \$20.00 for those who sign up for the 10 week series, but choose the option of paying in two installments.

If some members choose the option of paying in two equal payments, it must be noted that a minimum of 12 of the 18 participants are required to pay the full amount (\$98.00) up front.
 - From week 3 on, members may join weekly, at a prorated cost of \$12.00 times the number of weeks remaining in the series. *Please see the schedule of payments on the attached price chart.*
- A trained At Work leader will come to your workplace each week. The leader will bring everything needed to conduct the Weight Watchers meeting.
- Generally, the time frame of the meetings is 45 minutes. Weigh-in occurs during the first 15 minutes. The remainder of the meeting is spent in discussion and motivational group support.
- An At Work Series begins with a Registration/Information meeting, where employees complete registration paperwork and learn about Weight Watchers.

What Weight Watchers needs from the company:

- We need a Contact at your company to serve as a liaison with Weight Watchers.
 - The Contact will arrange for adequate meeting room facilities. The location should be the same each week.
 - The Contact will handle promotion for the new At Work series and publicity for subsequent series
 - Weight Watchers will supply promotional materials to the Client Contact.
 - In appreciation of the Contact's efforts, the Client Contact will be offered a free 5 week series for his/her efforts in promoting the At Work Program
- A group of 20 or more prepaid participants is required to start an At Work series.

- At the end of the initial series, we require a minimum of 18 paid employees in order for the next series to begin. We encourage and invite people to join any week of an active series and also offer an Open Meeting on the last week of the series for potential members.

Please Contact our office when you feel that you are close to the required number of members. At that time, we will finalize the start date and time.

Support of the At Work Program can contribute to your company's overall employee wellness program. Many companies encourage their employees to join by providing financial support or by offering payroll deduction.

I will call you soon to check on your progress. If you have any questions, please feel free to contact me at 800-214-8670 or at wrrberube@aol.com.

Sincerely,

Rosemary Berube

Rosemary Berube
At Work Administrator

Note: If an employee is unable to attend an At Work meeting, they are welcome to attend a meeting, during that same week, at one of our local Weight Watchers' locations, at no charge.

WEIGHT WATCHERS®

AT WORK SERIES PRICE BREAKDOWN

WEEK #	PRICE	Week #	PRICE
10 Week Series		10 Weeks - 2 Installments	
Registration	\$98.00	Registration	\$55.00
Week 1	\$98.00	Week 1	\$55.00
Week 2	\$98.00		
Week 3	\$96.00		
Week 4	\$84.00		
Week 5	\$72.00	Week 5	\$55.00
Week 6	\$60.00	- for remaining five weeks	
Week 7	\$48.00		
Week 8	\$36.00		
Week 9	\$24.00		
Week 10	\$12.00		

Split Payment Option: This option, paying in two installments, is only offered for members joining at Registration or on Weeks 1 & 2. Second payment is due on week 5, for the remaining five weeks.

A minimum of 12 of the 20/18 participants are required to pay the full amount (\$98.00) up front.

Joining Mid-Series:

Members may join any week of the series.

Members who join on Week 1 or 2, pay the full series fee.

Members who join on Week 3 or beyond prepay at a prorated fee of \$12 .00 times the number of weeks left in the 10 week series.

NOTE: This is a prepaid program, so the total dollar amount must be collected prior to the start of the meetings. Payments can be made using cash, check (made out to Weight Watchers), money order or credit card. Visa, MasterCard, and Discover Cards accepted.

IMPORTANT NOTICE



To ensure that all goes smoothly, we ask that members' payments be collected prior to the Registration/Week 1 meeting. Checks should be made payable to Weight Watchers®. If an employee cannot attend the first meeting, it is very important that they leave payment with the contact so that we can include them in the minimum required. This will save time, as well as ensuring that your employees are actually committed. If there are enough paid members at the Registration meeting, the Week 1 meeting will be held the following week, where member materials will be handed out and the Weight Watchers Program will be explained.

If the leader arrives for the Registration/Information Meeting, and there are not enough paid members, the leader will discuss recruiting techniques, and will leave any collected checks with the contact. The contact will be asked to recruit the additional required number of members, prior to the Week 1 meeting.

If it is not possible to recruit the required number of members, the company will be offered the option of a Promotional Meeting, where the employees interested in joining Weight Watchers will be offered the option to purchase a pass to attend a regular Weight Watchers meeting. For any employees choosing this option, the employee will be registered, weighed and given the first week orientation and member materials.

Due to the high demand of our At Work Program, if payment is not received from the minimum number of people by the first meeting, the leader may be reassigned to another group. Therefore it is to everyone's advantage to ensure that the payment is collected at least one week prior to the first meeting.

If you have any questions, please feel free to contact Rosemary Berube at 800-214-8670 or at wwrberube@aol.com.

Weight Watchers® At Work

Commonly Asked Questions



What happens if I can't make the scheduled meeting At Work?

*If you are absent or unable to get away from your desk, you may attend any other Weight Watchers meeting of your choice **that week**. Another great benefit of the Weight Watchers Program is that you may also attend as many additional meetings as you'd like, within a paid week - just be sure to bring your At Work Membership Book!*

I am currently attending a Traditional meeting - may I transfer into the At Work Program?

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 weight loss progress. There is no registration fee.

I bought an eight week pass at a Traditional Meeting - can I use my pass in the At Work meetings?

Yes, you may apply any unused weeks on your Traditional Meeting pass to your At Work. If you do not have enough coupons to cover the full series, you will need to pay the balance on week one using a check, cash, or credit card.

I bought a Monthly Pass at a Traditional Meeting – can I use my pass in the At Work meetings?

Yes, you may use your Monthly Pass as payment for the Weight Watchers Work series. You will need to bring the Monthly Pass with you to registration, and to each meeting. You will need to renew the Monthly Pass for at least the length of the At Work series.

I am a Lifetime Member, may I join the At Work Program?

Absolutely...your series fee is determined as follows:

***If you are within 2 pounds of your goal**, you weigh in for **free**, but do not count towards your group's membership minimum.*

***If you are 3-7 pounds over your goal**, you pay weekly until you are back to goal weight. You do not count towards your group's membership minimum.*

***If you are more than 7 pounds over your goal**, you pay for the entire series. If you reach your goal weight before the series is completed, you are entitled to a pro-rated refund for the remaining weeks in the series. You do not need to repeat the maintenance program and you will count towards your group's membership minimum.*

What is the refund policy?

The At Work Program is a prepaid, non-refundable program. Refunds are given only for medical reasons (with a doctor's note), or if you leave the company.

