



# + My Health Plan

Hello, [REDACTED] welcome.

## Weight Watchers

### Take a Step Toward Good Health by Managing Your Weight

Achieving a healthy weight reduces your risk of chronic disease, helps you gain energy and improves your quality of life. If you want to make a change in your life and achieve a weight management goal, Medical Mutual wants to help. We teamed up with Weight Watchers® so you can get on the right path to better health.

As a Medical Mutual member, you can start or renew your Weight Watchers membership today and save almost 50 percent off the regular cost!\*

You must be age 18 or older and an active member of our health plan to qualify for the discounted rates.

\* Note: This new Weight Watchers Program is separate from our Weight Watchers Reimbursement Program for At Work Meetings.

### Enrollment in the new program is simple.

**Step 1:** Contact Medical Mutual at [WeightWatchers@MedMutual.com](mailto:WeightWatchers@MedMutual.com) or by phone at (800) 251-2583, any time, seven days a week. Please leave a detailed message that includes:

- Your first and last name
- Date of birth
- Medical Mutual ID number (found on your ID card)
- Street address, city, state and ZIP code
- Email address
- Phone number

**Step 2:** Medical Mutual will confirm your eligibility and enter your information in to the Weight Watchers portal. You will receive confirmation within three business days.

**Step 3:** Follow the remaining instructions on the [Enrollment Guide](#) to receive discounted pricing today.

Questions about the program? Check out our [Frequently Asked Questions](#) and [Weight Watchers Program brochure](#) for answers.

*†For members participating in their employer's At Work program, or for covered dependents ages 13 to 17 participating in Community Meetings, we require three statements/monthly passes in order to be reimbursed \$50 and four statements/monthly passes in order to be reimbursed \$75. To request reimbursement, please complete this Form.*

