

Put Weight Watchers[®] to work for you!

OEBB offers a weight management benefit to help you achieve your weight-loss goals and improve your overall health. OEBB's Medical Plans cover Weight Watchers[®] Meetings and Online at NO COST to you. There's no better time to get on the path to a healthy lifestyle!



Choose an offering that best suits your specific lifestyle and preference

1 Weight Watchers Local Meeting vouchers*

Local Meeting vouchers offer the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. To order the 13-week series vouchers, call [866-531-8170](tel:866-531-8170).

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call [800-651-6000](tel:800-651-6000) to request your initial meeting vouchers.

2 Weight Watchers At Work meetings**

At Work meetings bring the Weight Watchers experience right to your workplace where a trained Leader facilitates weekly meetings, and you can benefit from the proven advantage of group support from co-workers.

If you have at least 15 associates interested in an At Work meeting call [800-8-ATWORK](tel:800-8-ATWORK) and talk to a local At Work manager about setting up a meeting.

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County and have at least 15 associates interested in an At-Work meeting call [800-651-6000](tel:800-651-6000) to set up a meeting.

3 OnlinePlus subscription

With an online subscription you can follow the Weight Watchers plan step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. It is available in two versions specifically designed for men and women with tailored content that speaks directly to each audience.

To sign up, see [page 3](#) of this brochure.

OEBB offers up to four 13-week series per plan year. Anyone covered on an OEBB medical plan can enroll for the first 13-week series of the year. (Age limitations may apply.) Proof of participation in at least 10 of the 13 weeks of each series is required in order to enroll in each of the subsequent 3 series at no cost.

To enroll in any of these Weight Watchers offerings, or for more information, call [866-531-8170](tel:866-531-8170). If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call [800-651-6000](tel:800-651-6000) to request your initial At Work or Local meeting vouchers.

weightwatchers

*Available only in participating areas in the U.S.

** Available only in participating areas in the U.S. Minimum enrollment required.

What's covered for OEGB Members?

- **Local Meeting vouchers** - 13 weeks each series
- **At Work meetings** - 13 weeks each series
- **OnlinePlus subscription** - 3 months each series



How to enroll in your first Weight Watchers series

First series for At Work meetings and Local Meeting vouchers:

1. Call the toll-free Weight Watchers number: **866-531-8170**.
2. Provide Weight Watchers your unique member ID that can be found on your insurance card. If you are insured by Kaiser, you will need to provide the last 4 digits of your member ID plus your first and last name.
3. Choose which type of service you desire.
4. Your Weight Watchers representative will process your order. The appropriate pass will be mailed to you.

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **800-651-6000** to request your initial meeting vouchers.

For Weight Watchers Online subscription: see **page 3** of this brochure.

How to enroll in your second, third or fourth Weight Watchers series

Second, third, or fourth series for At Work meetings and Local Meeting vouchers:

1. Show your Leader or Receptionist your pocket guide, and prove you have met the participation requirement (10 of 13 meetings) for renewal.
2. Your Leader or Receptionist will verify your attendance and give you a single-use renewal certificate, that is coded by Weight Watchers with a unique access code valid for one renewal only.
3. Call **866-531-8170** where a Weight Watchers customer service representative will verify the access code as well as ask for your first and last name as it appears on your insurance card. The appropriate pass will then be mailed to you.

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **800-651-6000** to request your meeting vouchers.

For your second, third or fourth OnlinePlus subscription:

To enroll in another 3 month series at no cost, download and save a copy of your Weight Tracker summary showing at least 10 weeks of participation and cancel your subscription before the end of your 3 month plan. If you have payment information on file with Weight Watchers, you will be charged unless you cancel before the 3 month plan ends. Members who are brand new to OnlinePlus as of November 15th, 2013 will not be required to enter payment information to activate your account, and your subscription will be cancelled automatically following the end of your 3 month plan.

To find your weight tracker, log into your account at www.weightwatchers.com. Then visit "Weight", the last icon listed in your tracker's dashboard. Using the "Date" drop down and "Weight Log" tracker, take a screen print of your weight tracker (or multiple screen prints if needed) and paste the images into a Word document or other compatible format. Save that file where you can easily retrieve it. Then go to www.oebbwwrenew.com and complete the online application. Part of this process will require you to upload the weight tracker document you just created.

After completing this process, you should receive a confirmation email confirming your application has been received. When your participation has been verified, you will receive an email with your renewal code.

For more information on any of the above services, call 866-531-8170.

** Available only in participating areas in the U.S. Minimum enrollment required.

‡ Your subscription will be automatically renewed at the end of your plan period at the standard monthly rate (currently \$18.95) until you cancel. You can cancel your subscription on our site, by email or by U.S. mail; please see www.weightwatchers.com/cancel for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.

OnlinePlus*



To sign up for OnlinePlus call **866-531-8170** and get your promotion code, then:

1. Visit the OnlinePlus sign-up page by clicking the link below.
2. Enter your special promotion code (received when you called the number above) and click "Sign up Now!" to get the fully-covered subscription for OEGB members.

To sign up, enter your promotion code in the entry box below. You'll only need to use it once.

Weight Watchers access code

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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[▶ Sign up Now!](#)

3. Select the subscription length to enroll (3 month).

Note: Remember to download and save a copy of your Weight Tracker summary (required for renewal) before the end of your 3 month plan.

- If you have payment information on file with Essentials, you must also cancel your subscription before the end of your 3 month plan or you will be charged.

- If you are brand new to Essentials as of November 15, 2013 or later, you are not required to enter credit card information to activate your account. Your subscription will be cancelled automatically following the end of your 3 month plan.

- If you currently have credit card information on file with Essentials and you wish to delete this information, you will need to cancel your existing subscription and create a new Essentials account. Your history will not be available within your new account.

4. Follow remaining sign-up instructions for setting up your account.



[Click Here To Get Started](#)

*To continue the no-cost online subscription you must cancel before the end of your three month plan and re-enroll with your new promotion code. You must also provide proof of participation prior to cancelling as instructed in order to receive a new promotion code. If you do not cancel, your subscription will be automatically renewed at the end of your 3 month plan period at the standard monthly rate (currently \$18.95) and your card will automatically be charged until you cancel. You can cancel your subscription on our site, by email, or by U.S. mail; please see www.weightwatchers.com/cancel for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.

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