



A happier, healthier life starts here.

PEBB is committed to helping you and your family reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all the above by **covering 100% of the cost** for the **WW (Weight Watchers® Reimagined)** offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, **WellnessWins™**.

WW welcomes everyone who seeks to be healthier, not just those who seek to manage their weight.

Choose the offering that's right for you. Offerings include the following features:	Digital	Digital + Workshops
Easy-to-use app and website Track your food, activity, and weight any time with our Digital tools.	✓	✓
Endless food options With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	✓	✓
Total support in real time Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	✓	✓
Connect with our online community , day or night, for inspiration and motivation.	✓	✓
Inspiration and connection Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		✓
Monthly Value	\$19.95	\$44.95
Your price per month	\$0.00*	\$0.00**

Join WW today!

Visit [PEBB.WW.com](https://pebb.ww.com) and enter Employer ID: 15066304

Anyone enrolled in a PEBB medical plan age 18 or older is eligible to participate in WW offerings. Dependents ages 10-17 who are enrolled in a PEBB medical plan are eligible to participate in Kurbo by WW.

See reverse page for details on Kurbo by WW offering.

Once prompted for your Health Plan ID, follow the instructions depending on your health plan:

Kaiser Permanente Members: Kaiser Permanente Health Record Number (found on ID card)

Moda Health Members: 9 character ID Number and the 2 digit suffix by your name (found on ID card)

Providence Health Members: Providence Health Plan 11 Digit ID Number (found on ID card)

Questions? Call 1-866-454-2144 (Monday-Saturday 5:00 a.m.-11:00 p.m. PT; Sunday 5:00 a.m.-2:00 p.m. PT.)

***Digital offering:** Your PEBB medical plan pays for your Digital offering monthly until you cancel or until your eligibility for PEBB benefits terminates.

****Digital + Workshops offering:** Your PEBB medical plan pays for your Digital + Workshop offering monthly until you cancel or until your eligibility for PEBB benefits terminates. Available in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

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Samantha, 16
Member



Helping kids and teens build healthy habits, for life

Kurbo by WW (Weight Watchers® Reimagined) is the simple, proven program that helps **kids and teens** adopt good-for-you healthy habits.

Why kids and teens love Kurbo:



They get to choose what they eat.

All foods are allowed, just follow the traffic lights! The simple traffic light system labels foods as green, yellow, or red to guide kids and teens toward healthier options.



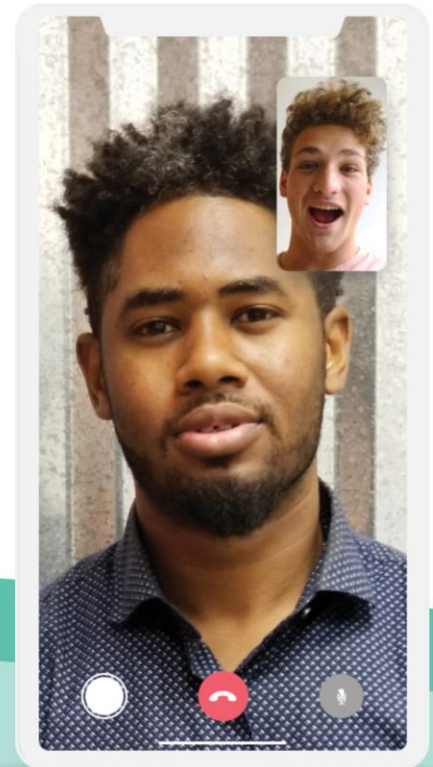
They use their phones to track.

The fun app keeps them on track so parents don't have to play food cop. Videos and games encourage physical activity, and in-app meditations help kids and teens manage stress.



They connect with a personal coach.

Regular check-ins with a Kurbo-certified coach deliver all the tips and encouragement kids need to reach their goals and celebrate their success.



January 2020, PEBB began a 2-year pilot program making Kurbo by WW available at no cost to kids and teens (ages 10-17) enrolled in a PEBB medical plan.

To get started or to learn more, visit [Kurbo.com/PEBB](https://www.kurbo.com/PEBB).



Wellness that Works.™

