



**pebb**

Public Employees' Benefit Board

# Put WW to work for you!

**Your Benefit Board offers WW to help you reach your weight-loss goals and improve your overall wellness.**

**PEBB subscribers and their covered spouses, domestic partners, and dependents age 10 and older can enroll in WW at NO COST\*. Attendance rules apply.\*\***

## 1 Participate in up to four no-cost series per year

- Your PEBB benefit covers up to four 13-week series per calendar year. You can enroll in the first series simply by calling WW. Proof of participation in at least 10 of the 13 weeks is required to participate in each subsequent series.
- No-cost WW benefit is available to PEBB subscribers, covered spouses or domestic partners, and covered dependents age 10 and older. Please call **1-866-454-2144** for more information. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call **1-800-651-6000**.

## 2 Select the WW offering that suits you best

- **Digital + Workshops (formerly meetings) in the workplace\*\***  
Workshops in the workplace bring the WW experience right to your workplace where a trained Wellness Coach facilitates weekly Workshops, and you can benefit from the proven advantage of group support from co-workers.
- **Digital + Local Workshop vouchers<sup>+</sup>**  
Local Workshop vouchers offer the flexibility of attending Workshops in your community when and where it suits you best. Learn how to enroll in Workshops in the workplace or Local Workshops: [click here](#).
- **Digital**  
You can follow the WW plan step-by-step online, with interactive tools and resources like a Weight Tracker, progress charts, restaurant guides and much more.  
Learn how to subscribe to Digital: [click here](#).

## 3 Call WW

Please call 1-866-454-2144 for more information. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson, or Klamath County, call 1-800-651-6000.

**Have any questions?** [Click here](#) to access a listing of WW FAQs



# Wellness Workshops

## To enroll in your **first** Workshop series:

- 1 Call WW at **1-866-454-2144**.
- 2 Provide WW 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 either Local Workshop vouchers or Workshops in the workplace.
- 4 WW will mail you a pass to attend Local Workshops or Workshops in the workplace if available.

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **1-800-651-6000** to request your initial Workshop vouchers.

## To enroll in a **subsequent** Workshop series:

- 1 Show the Workplace Guide or Wellness Coach your weight record, as proof that you have attended at least 10 of 13 Workshops.
- 2 Obtain a special single-use Workshop series renewal certificate with a code valid for one renewal from the Workplace Guide or Wellness Coach.
- 3 Call **1-866-454-2144**. Give WW customer service representative your name and ID number as shown on your medical insurance card, and the code from your renewal certificate. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **1-800-651-6000**. They will mail you a pass for the next series of Workshops.

PEBB members who sign up to attend Workshops receive access to Digital at no cost. Digital is the weight-loss companion to help you stay on track.

## Interested in starting a new Workshop series?

If you have at least 15 co-workers interested in starting an Workshop series please email [sylvia.stratton@weightwatchers.com](mailto:sylvia.stratton@weightwatchers.com) to set up a Workshop. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call **1-800-651-6000**.



\*Dependents age 10-16 may participate in Local Workshops only with written medical permission. To enroll the dependent must present a doctor's note to the Local Workshop Wellness Coach. The note should contain the dependent's name, a weight loss goal, and be written on the medical provider's letterhead or a prescription sheet. The Wellness Coach will provide the dependent with a code required to call WW at 1-866-454-2144 and complete enrollment. Dependents participating in Lane, Douglas, Coos, Curry, Josephine, Jackson, or Klamath County can complete their enrollment at the Local Studio after presenting their doctor's note. Dependents age 17 may participate in Local Workshops only and do not need a doctor's note to enroll. Dependents age 18 and older have the choice of participating in Workshops in a local Studio or with Digital and do not need a doctor's note to enroll. Individuals under the age of 18 are not permitted to subscribe to WW Digital.

\*\*Minimum enrollment required.

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

The WW Coin Logo and Weight Watchers are the registered trademarks of WW International, Inc. WW Freestyle is the trademark of WW International, Inc. ©2018 WW International, Inc. All rights reserved.

# Digital

## To begin your Digital subscription:

- 1 Before beginning your registration, call WW at 1-866-454-2144 to request your 14-digit Digital promotion code. Give them your name and ID number as shown on your medical insurance card.
- 2 Once you have your promotion code, visit the sign up page by clicking this link.

[Click Here To Get Started](#)

- 3 Enter your promotion code and click “Sign up now!” to get the special subscription for PEBB members.

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

WW access code

  

- 4 Select 3 Month savings plan.

**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 WW, you must also cancel your subscription before the end of your 3 month plan or you will be charged the standard monthly rate (currently \$19.95).
  - If you currently have credit card information on file with Digital and you wish to delete this information, you will need to cancel your existing subscription and create a new Digital account. Your history will not be available within your new account.
- 5 Follow remaining sign-up instructions to set up your account.

## Easier Process for Digital Renewal:

Renewing your Digital subscription is easy using the web-based renewal portal. No paper forms required.

To renew your Digital Subscription:

- **Step 1:** Download and save an image file of your WW weight tracker showing at least 10 weeks of participation in the digital program. To find your weight tracker, log into your account at [ww.com](http://ww.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.
- **Step 2:** Visit [www.pebbwwonlinerenewal.com](http://www.pebbwwonlinerenewal.com) and complete the online application. You will be required to submit the “Chart View” image file of your WW weight tracker showing at least 10 weeks of participation to complete the application.
- **Step 3:** You will receive a new access code to renew your WW membership within 5-7 business days.
- **Step 4:** When you receive your new access code, call **1-866-454-2144**. Provide your name and ID number as shown on your medical insurance card, and the access code received. You will then receive a new 14-digit promotion code to renew your Digital subscription.

**Remember:** If you have payment information on file with Digital, you must also cancel your subscription before the end of your 3 month plan or you will be charged. If you enrolled in Digital without including credit card information in your account, then your account will be automatically cancelled following your 3 month membership. If payment information goes unused on your account for more than 12 months, that information will be automatically deleted from your account.