

# WeightWatchers

## Program Questions and Answers

**Medical Mutual teamed up with WeightWatchers to offer our members a reduced rate on monthly memberships in this effective weight management program. Whether you want to maintain a healthy weight, lose a few pounds, or just want to eat healthier, we can help.**

### What is the WeightWatchers program?

WeightWatchers can help you build the healthy habits you need to maintain or lose weight. You will enjoy a customized, science-backed program that's tailored to your life. You will also receive access to an award-winning app with tools to keep you on track.

### What programs are available and what are the costs?\*

WeightWatchers offers two programs to meet your unique needs. You will be charged monthly until you cancel your membership or you are no longer a Medical Mutual member.

#### Core

Less than \$12 per month

#### Premium

Less than \$27 per month

### What can I expect from a Core membership?

You will get all the tools you need to follow the program online, which can be accessed from your home computer or mobile device. The program includes:

- Support 24 hours a day from the coaching team
- Tools to track your food, activity, weight and more
- Recipes and tips to make healthy meals
- Videos to help you get started and reach success
- On-the-go access with the mobile app

### What can I expect from a Premium membership?

- Face-to-face accountability with in-person workshops; attend as many as you like
- Access to virtual workshops from anywhere
- Support from your WeightWatchers Coach and group
- Tips, recipes and stories from other participants
- Access to the WeightWatchers app to track your progress and get extra support between workshops

\*State taxes may be applicable.

## Can I participate in the Medical Mutual WeightWatchers program?

Our program is for members who:

- Have group or individual medical coverage (fully insured or self-funded plans) from Medical Mutual, or have Medical Mutual as secondary coverage
- Are age 18 or older

## How do I enroll in the a program?

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

- Your first and last name
- Email address
- Date of birth
- Phone number
- Medical Mutual ID number (found on your ID card)

Once your eligibility is confirmed, Medical Mutual will contact you with instructions to get started. This could take up to three business days.

## Do I have to attend a certain number of workshops to receive the discount?

No. There is no minimum attendance requirement to be eligible for the discount.

## How do I find a WeightWatchers workshop location near me?

WeightWatchers has thousands of locations. Once you are signed up, download the WeightWatchers app to find workshops near you.

## Does WeightWatchers offer any discounts on its other products?

Yes. Medical Mutual members can save 10% in the WeightWatchers store on kitchen essentials, snacks, cookbooks and more. Use code WWSAVE10.

## How do I cancel my WeightWatchers membership?

Call 1-866-204-2878. You can also visit [WeightWatchers.com](http://WeightWatchers.com) and log in to your account. Go to “Settings” and then “Account” to view your cancellation options.