# 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.

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## 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 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
- Date of birth
- Medical Mutual ID number (found on your ID card)
- Email address
- Phone number

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.

## How do I cancel my WeightWatchers membership?

Call 1-866-204-2878. You can also visit WeightWatchers.com and log in to your account. Go to "Settings" and then "Account" to view your cancellation options.