



## WW (formerly Weight Watchers)

Program requirements and verification form must be met and submitted to employee wellness by October 31, 2020

\*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

### WW Offering Summary:

Choose the plan that's right for you	Digital	Digital + Workshops	WW for Diabetes
<b>Upfront price per month</b>	<b>\$16.96</b>	<b>\$38.22</b>	<b>\$38.22</b>
Integris reimbursement per month* (must meet reimbursement criteria)	\$16.96	\$38.22	\$38.22
<b>Your price per month after reimbursement</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>Easy-to-use app and website</b> Track your food, activity, and weight any time with our digital tools.	*	*	*
<b>Endless food options</b> With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*	*
<b>Encouragement from a vast online community</b> Keep in touch with other members on their weight-loss journeys and share tips, tricks, and ideas with each other.	*	*	*
<b>Motivation from others with similar goals</b> Share your journey with fellow members through weekly in-person workshops.		*	*
<b>Insightful coaching from a WW expert</b> Get strategies from someone who's been in your shoes and lost weight.		*	*
<b>Food plan</b> Tailored to individual needs.			*
<b>Weekly emails</b> Information on diabetes and weight-loss management.			*
<b>Confidential and unlimited access</b> to a Certified Diabetes Educator (CDE).			*

Plans automatically renew monthly. See below for details.

### WW Verification and Reimbursement Guidelines:

Digital (online) option –

- Submit verification and reimbursement form
- If you will be using the WW app, you can access a calendar of when you reached your healthy eating zone (a range within your daily points) the day will be covered in a blue circle. So, if you are tracking and eating healthy it will fill up with blue dots. You can swipe between months as well. You can access it by clicking the journey tab on the app. Our goal is that you would receive a blue dot about 80% of the time. You will still receive reimbursement if you are working the WW program.

Workshops (meetings) option –

- Submit verification and reimbursement form
- If attending on-site meetings, the WW Leader will verify your attendance by signing the Reimbursement Form.
- If attending off-site meetings make a copy of your Weight Record, “white-out” your weight

You will also need to submit the reimbursement request. As well as a copy of your billing history, which can be found on your WW account.