

Weight Watchers At Work program kicks off Monday, Jan. 14!

Recent survey results reveal high interest in a Weight Watchers at Work program, so join your co-workers at the Kick Off meeting on **Monday, January 14, 2019** at 5:15 p.m. and every Monday thereafter for 17-weeks in Room 220 at the Kent County Administrative Complex.

The 17-week Weight Watchers “*Wellness that Works*” program costs \$186 and must be paid in full by the participant at the Kickoff session on January 14 with at least 20 participants or the class will be canceled. No exceptions according to Weight Watchers. Family members are eligible to participate, and anyone joining will receive a "FREE" Kick-Start Kit valued at \$50!!! WW digital access is also included.



The Workshop Coach is Tracey Moore. Workshop payment can be made via cash, check, major credit card, or 3 split checks paid upfront for \$62 each deposited on weeks 1, 5, and 9.

County employees/retirees and eligible spouses on the County's health insurance program (DVHT/Aetna) are eligible for reimbursement up to \$200 a year through the wellness benefit. The DVHT wellness program requires proof of participation in at least three WW sessions per month. The program will reimburse one combined submission per calendar year. Weight Watchers is also an eligible expense for those employees with a Flexible Spending Account.

Current Weight Watchers members or lifetime members should contact County workplace coordinators Amy Minner or Christina Elliott for information about participating in the Weight Watchers at the Workplace program.

Be sure to take advantage of this worksite wellness opportunity that can be fully reimbursed by your wellness benefit.

For more information about your wellness benefits and/or a flexible spending account, please contact the Personnel Office at 744-2310.

(posted 12/31/18)



For every body

Matthias, -27 lbs*

*People following the WW plan can expect to lose 1-2 lbs per wk.

Wellness that Works.™

Every body has a reason to get healthy. Achieve your wellness goals with WW. You'll get access to WellnessWins™, a new rewards program that inspires and recognizes members for taking actions to build healthy habits, content in the WW app from our partner, Headspace® to help you shift your mindset, and much more.

Come to the WW Kick-Off to learn about Wellness Workshops, our WW Freestyle™ program and meet with a Wellness Coach!

Date: MONDAY, JANUARY 14, 2019

Time: 5:15 p.m.

Location: Room 220, Kent County Administrative Complex

Contact: Christina Elliott or Amy Minner or Personnel Office

Plus, sign up at the Kick-Off and receive a FREE Kick-Start Kit*, full of cool stuff to get you started the right way!

Kit includes:

- Tote bag
- Water bottle
- Resistance band
- WW Best of Pasta mini cookbook
- Journal



* **FREE Kick Start KIT OFFER:** Workshop Series must be purchased during the Kick-Off session, no later than the following week (Workshop # 2). Enrollments past the second workshop are not eligible for free kit. Available in participating areas only. One kit per member. Offer must be redeemed by 3/31/19. While supplies last. US addresses only; no P.O. boxes or APO/FPO boxes. Please allow at least 3-4 weeks for delivery. Kit is available to newly enrolled members only; not available for series renewals. Kit contents may vary. Offer may be revoked at any time and may not be redeemed for cash. Non-transferable. Void where prohibited.

Please note: Wellness Workshops available in participating areas only. Minimum enrollment required to start Workshops in the workplace.

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