

Weight Watchers At Work requires minimum 20 on Jan. 14!

A minimum 20 participants is required for the *Weight Watchers at Work* Kick Off meeting scheduled for **Monday, January 14, 2019** at 5:15 p.m. or this planned worksite program must be cancelled. If you want to take advantage of your DVHT Wellness Reimbursement Benefit for this type program, please show up on Monday 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 each participant at the Kickoff session on January 14 or the workshop 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.

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