



# City of Murray



## Voluntary Wellness Program

### Weight Watchers® Membership Reimbursement Form

Name: \_\_\_\_\_

Department: \_\_\_\_\_

I wish to participate in the Weight Watchers® membership reimbursement program that is being offered to participants of the voluntary wellness program of the City of Murray. I understand that the reimbursement program is for monthly membership fees only, does not include enrollment or any other additional fees, is for employees and their eligible dependents only, and will reimburse a maximum of \$35.00 per individual and \$35.00 per dependent as long as each participant meets the minimum requirement of three (3) meetings per month. If any eligible participant fails to meet the minimum requirement of three (3) meetings per month, their monthly fees will not be reimbursed.

#### Weight Guidelines

In order to join any Weight Watchers® meeting, you must have at least five pounds to lose to reach a weight that is within the Weight Watchers Weight Range for your height. Individual concerns should be discussed with a Weight Watchers® staff person.

#### Confidentiality

Personal concerns discussed in the meeting are held in confidence, a need respected by others in the group and by the Weight Watchers® staff.

#### Who can join?

Employee and dependent unless, pregnant, under 18 years of age\*, no more than 5 pounds above the recommended minimum weight for their height and age or have an active medical diagnosis of bulimia nervosa. \*If dependent is under 18 and their parents would like them to join, with a doctor's note, and parental consent, they can join in a community meeting.

#### Pre-Registration

To sign up for Monthly Pass, you can pay for the first month at your meeting or on the Weight Watchers® website at [www.weightwatchers.com/monthlypass](http://www.weightwatchers.com/monthlypass). If you pay for the first month at your meeting, you will need to enter the Access Code from your Starter Voucher to complete your sign-up on the Weight Watchers® website. A valid payment method is needed to complete your sign-up on the Weight Watchers® web site. You will be charged each month at their monthly rate until you cancel, so there's no need to make a payment when you attend a meeting. You may be charged up to 15 days prior to the end date printed on your Monthly Pass card to ensure that your next month's card arrives on time. With your monthly fee, you get unlimited meetings each month and FREE access to eTools, their Internet weight-loss companion that has interactive tools, tips and recipes that help you stay on track.

#### Attendance

A Monthly Pass cannot be accepted or transferred to At Work meetings.

I hereby affirm that I have read and fully understand the above statements.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Employee participant signature

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Dependent participant signature

Weight Watchers® Program Monthly Membership Fee: \_\_\_\_\_ *Note: Receipt showing monthly fee must be attached.*

*By signing above, I authorize the release of monthly Weight Watchers® Meeting attendance records to the City of Murray.*