



City of Murray



Voluntary Wellness Program

Weight Watchers® At Work 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

All participants must pre-register. Registration and prepayment to Weight Watchers® are needed one week prior to the date a series begins. Weight Watchers® accepts checks, cash, MasterCard®, Visa®, Discover Card®, and American Express®. The City of Murray will offer payroll deductions if requested up front. This is a non-refundable program except where prohibited by law. Refunds are given only for medical reasons (with a doctor's note), if you reach Lifetime Membership, become pregnant or if you leave the company. Weight Watchers® At Work membership includes Free eTools, the Internet weight-loss companion to meetings.

Attendance

Once you are an At Work member, you can attend meetings in your community at no additional charge if you are unable to attend your At Work Meeting. You must bring your At Work Membership Book with you to verify that you are a current member and that you have prepaid.

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® At Work 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.