



WW

A new approach to the same proven weight loss program

WW is Weight Watchers reimagined

You will recognize some of the same program staples, such as WW's SmartPoints system, which helps you track your calorie intake throughout the week. WW adds new benefits to help make the program more livable, starting with Zero Points foods. These foods don't need to be tracked or measured. More than 200 foods are on the Zero Points list, including fish, chicken and eggs. WW also has introduced rollover points, giving you more flexibility throughout the week.

N Good Health is partnering with WW to offer this popular program to Norton Healthcare employees.

You have three ways to participate in WW:

- Digital
- Digital + Workshops
- Digital + Coaching



Who can participate?

To be eligible for this program, you must:

1. Be registered on **NGoodHealth.com**
2. Complete the N Good Health 4 steps each year.

Eligible Norton Healthcare employees will receive a discount on the program cost.

How do employees get reimbursed?

To be eligible for reimbursement, you must:

1. Call N Good Health at **(502) 629-2162** to get the WW tracking tool.
2. If participating in the Digital + Workshops or Digital + Coaching plan: Attend at least nine WW meetings during the 12-week enrollment. Submit your completed tracking tool to N Good Health.
3. If participating in the Digital plan: Record at least nine weekly weight logs during the 12-week enrollment. Submit your completed tracking tool and weekly weight logs to N Good Health.

Additional program information

- Visit **NGoodHealth.com** or call N Good Health at **(502) 629-2162** to learn more about WW and your employee discount.
- If you do not complete the program, you will be responsible for the total cost.
- You may continue the program at the end of the 12-week enrollment. If you do not wish to continue, you must cancel the automatic monthly payments or you will continue to be charged.

WW cost breakdown

Digital

Three-month option: \$20.95 per month

Full standard cost of program:	\$62.85
Upfront employee cost:	\$62.85
Norton Healthcare cost (75%):*	\$47.14
Tax on subsidy (40%):	\$18.86
Total employee cost:	\$34.57

Total employee savings: \$28.28

Digital + Workshops

Three-month option: \$44.95 per month

Full standard cost of program:	\$134.85
Upfront employee cost:	\$134.85
Norton Healthcare cost (75%):*	\$101.14
Tax on subsidy (40%):	\$40.46
Total employee cost:	\$74.17

Total employee savings: \$60.68

Digital + Coaching

Three-month option: \$54.95/month

Full standard cost of program:	\$164.85
Upfront employee cost:	\$164.85
Norton Healthcare cost (75%):*	\$123.64
Tax on subsidy (40%):	\$49.46
Total employee cost:	\$90.67

Total employee savings: \$74.18

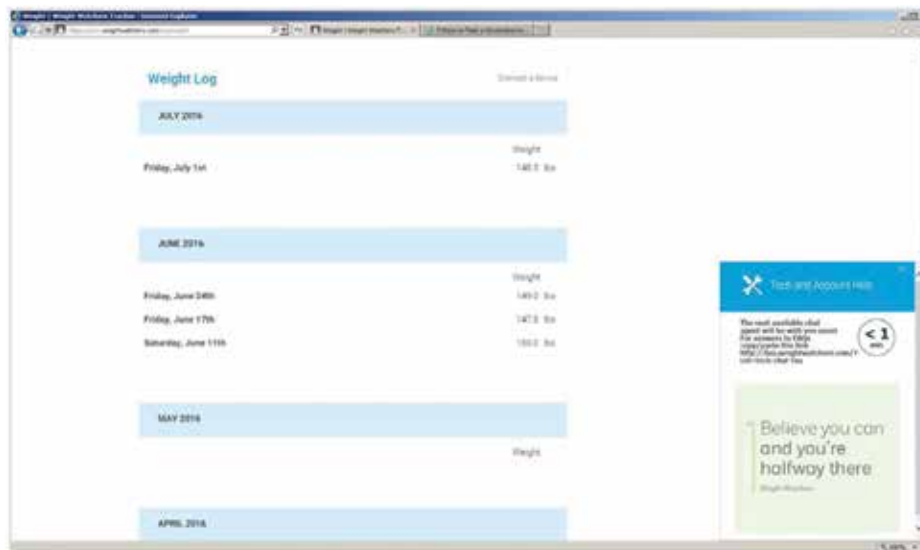
*Reimbursed after completing the program

WW Digital

Tracking guide

How to join the online community:

1. Go to **WeightWatchers.com**.
2. Create a WW account. If you already have one, log in with your username and password.
3. Once you've logged in, you'll see three tabs: Favorites, My Food and Weight.
4. Click on the Weight tab to go your weight logs page. Enter the following information there:
 - a. Starting weight
 - b. Current weight
 - c. Goal weight
5. From here, you can self-report your weight and view a weight log that records all previous weigh-ins.
6. To receive points toward N Good Health's 4 steps, take a screenshot (see instructions below) of your weight logs dating back 12 weeks (3 months) and complete the WW Tracking Tool. Email the completed tracking tool and weekly weight logs to N Good Health at **ngoodhealth@nortonhealthcare.org** or fax them to **(502) 666-7667**.



To take a screenshot of your weight log:

1. Hold down Ctrl, Alt and Print Screen simultaneously on your keyboard.
2. Open up Paint on your computer.
3. Select Ctrl, V to paste your screenshot into a Paint file.
4. Save as a JPEG.