

## **WeightWatchers**

# Get a Weight Loss Program Fit for You

WeightWatchers provides a convenient way to track your calorie intake to help you lose weight and gain healthy habits. The SmartPoints system and Zero Points foods help make the program easier to maintain and give you flexibility throughout the week. Zero Points foods offer nutrition and don't need to be tracked or measured. More than 200 foods are on the Zero Points list, including fish, chicken, nonstarchy vegetables and eggs. The program also offers 24/7 coach support, recipes and workshops so you can be on your way to get results.

N Good Health partners with WeightWatchers to offer a subsidy for this popular program, plus 50 N Good Health program activity points for eligible Norton Healthcare employees and spouses.

### You have WeightWatchers membership options:

- WeightWatchers
- WeightWatchers plus workshops



### Who can participate?

All Norton Healthcare employees (and spouses on a Norton Healthcare medical plan) are eligible for the WeightWatchers subsidy if the following requirements are met:

- 1. Be registered on NGoodHealth.com
- 2. Reach a minimum of bronze level/200 points in the N Good Health program

### How do I sign up for WeightWatchers?

• Visit **WW.com**, select the three-month or longer WeightWatchers membership and complete enrollment.

### How do employees get reimbursed?

To submit for reimbursement and earn 50 N Good Health program activity points, you must:

- Show a 5% reduction in weight
- Use the WeightWatchers tracking tool. To get it, call N Good Health at **(502) 629-2162** or download it from the N Good Health website.
  - Record at least nine weekly weight logs in the WeightWatchers app during the 12-week enrollment. Email your completed tracking tool and screenshots of your weekly weight logs to NGoodHealth@nortonhealthcare.org or fax them to (502) 666-7667.

Reimbursement requests can be submitted once per calendar year.

# WeightWatchers cost breakdown

### Membership

### Three-month option: \$23 per month

Full standard cost of program:	\$69.00
Upfront employee cost:	\$69.00
Norton Healthcare cost (75%):*	\$51.75
Tax on subsidy (40%):	\$20.70
Total employee cost:	\$37.95
Total employee savings:	\$31.05

\*Reimbursed amount after completing the requirements. Will be paid on employee's paycheck.



# WeightWatchers Tracking Tool

or scan and email it to ngoodhealth@nortonhealthcare.org. To receive reimbursement, you must complete this tracking tool and submit it to N Good Health by fax at (502) 666-7667

Start date:

Height:

feet

\_ inches

AHSN/spouse member number:

Name:

Starting weight:	Goal	weight:	Pounds la	ost per week goal:
Lifetime member (c	heck if applicable)	☐ My weight	t decreased at least 5% from \	Week 1 to Week 12.
	Date		Weight	Facilitator initials*
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				

Submit the completed tracking tool and screenshots of your 12 weekly weight logs to N Good Health.

Week 12

# WeightWatchers core membership tracking guide

### How to join the online community and track your progress:

- 1. Go to **WW.com**.
- 2. Create a WeightWatchers account. If you already have one, log in with your username and password.
- 3. Once you have logged in, you will be on My Day.
- 4. Click the button/gear icon in the upper right corner to update your settings.

<	Settings		
Settings			
Connected D	evices		
Food Setting	15	>	
Diabetes Set	tings	>	
Water Settin	gs	>	
Activity Sett	ings	>	
Weight Setti	ngs	>	

- 5. Click on Weight Settings and enter:
  - a. Starting weight
  - b. Current weight
  - c. Goal weight
- 6. Revisit this page each time you log your weight and to view previous weigh-ins.

### How to submit screenshots of your WeightWatchers weight log:

### Computer

- 1. Log in to **WW.com** and open your weight log.
- 2. Take a screenshot of your log for the dates on your tracking sheet.
- 3. Submit your weight log to N Good Health:
  - Save and print the screenshot, then fax it to **(502) 666-7667**.
  - Copy and paste the screenshot into an email to **NGoodHealth@nortonhealthcare.org**.



### Mobile device

- 1. Launch the **WeightWatchers** app and open your weight log.
- 2. Take a screenshot of your log for the dates on your tracking sheet.
- 3. Submit your weight log to N Good Health:
  - Save and print the screenshot, then fax it to **(502) 666-7667**.
  - Copy and paste the screenshot into an email to **NGoodHealth@nortonhealthcare.org**.



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