

Weight Watchers at LMC Frequently Asked Questions

How long are the meetings?

- ◆ Meetings are scheduled for 45 minutes. The first 15 minutes are devoted to weigh-ins, followed by 30 minutes for the meeting. (Employees using their break time to attend the meeting typically come closer to the end of the weigh-in time so that they can stay for the majority of the meeting portion.)

What is included in the program cost?

- ◆ Your \$98 fee covers the basic program materials and 10 weeks of meetings. There are optional products that the meeting leader has available for purchase, such as books, snack foods, and points calculators.

How do I qualify for the reimbursement program?

- ◆ In order to receive the reimbursement of 50% of your program fee, you need to attend 8 out of 10 meetings.

Do I have to stay for the entire meeting to receive attendance credit?

- ◆ No. We understand that some days your workload will prevent you from staying the entire time. As long as you weigh-in, you will receive attendance credit for that date.

Can I make up a missed meeting?

- ◆ Yes. You may attend another LMC meeting when you are unable to attend your scheduled meeting time or you may attend a meeting in the community. A schedule of community meetings can be found on www.weightwatchers.com. You can access a list of LMC meetings on our Wellness Path website.