



**Show your TRUE COLORS**  
**And choose how you start to lose**

Losing weight is hard. That’s why **Montefiore** has partnered with Weight Watchers® to change your relationship with food, for good. With our proven weight-loss approach and powerful group support, feel great about your choices from veggies to pizza —and everything in-between.

**With Weight Watchers, it’s about options. Let’s get started with an offer that works for you:**

Weight Watchers Meetings*	Weight Watchers for Diabetes**	Weight Watchers OnlinePlus‡
<p>Enjoy convenient meetings in your workplace and unlimited meetings in your local community</p> <ul style="list-style-type: none"> <li>• Our <b>BEST value</b></li> <li>• Get <b>FREE access to OnlinePlus</b>, our full suite of digital tools to help you stay on track between meetings</li> </ul> <p><b>Weight Watchers Pricing</b> \$44.95</p> <p><b>Associate Monthly Cost</b> \$18.25</p> <p><b>Eligible Reimbursement</b> <b>\$9.13</b></p>	<p>In addition to Weight Watchers Meetings, this groundbreaking offering caters specifically to your type 2 diabetes needs.</p> <p>Members will also receive:</p> <ul style="list-style-type: none"> <li>• Confidential and unlimited access to a Certified Diabetes Educator†</li> <li>• Personal food plan tailored to <b>individual needs</b></li> <li>• Support and weekly e-mails with information on diabetes and weight-loss management</li> </ul> <p><b>Weight Watchers Pricing</b> \$56.06</p> <p><b>Associate Monthly Cost</b> \$18.25</p> <p><b>Eligible Reimbursement</b> <b>\$9.13</b></p>	<p>Easily follow the plan step-by-step entirely online with digital and mobile tools§, including:</p> <ul style="list-style-type: none"> <li>• Weight tracker, progress charts, restaurant guides <b>and much more</b></li> <li>• Available for men and women with tailored content that speaks directly to each audience</li> </ul> <p><b>Weight Watchers Pricing</b> \$19.95</p> <p><b>Associate Monthly Cost</b> \$8.05</p> <p><b>Eligible Reimbursement</b> <b>\$4.03</b></p>
<p><b>Reimbursement Criteria</b></p> <p>Attend at least 10 out of 12 meetings in each 12 week period of your membership</p>	<p><b>Reimbursement</b></p> <p>Attend at least 10 out of 12 meetings in each 12 week period of your membership</p>	<p><b>Reimbursement</b></p> <p>Submit your Monthly Summary Progress Report every 12 weeks of your membership as proof of participation</p>

To purchase any of these Weight Watchers offerings, or for more information, visit <https://wellness.weightwatchers.com>

**Employer ID: 65022 Employer Passcode: ww65022**

If you experience any problems with this site, please call the Weight Watchers Wellness Hotline at **866-204-2885**. Reimbursement forms can be found at [www.mymontebenefits.com/pdf/weight-watchers-reimbursement-form](http://www.mymontebenefits.com/pdf/weight-watchers-reimbursement-form). Part-time associates and interns are able to receive a waived registration fee by enrolling through the Montefiore Portal by selecting the “Contractor” population type. Part-time associates and interns are not eligible for the subsidy or reimbursement.

\* Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.  
 \*\* Weight Watchers for Diabetes may be available to those who meet eligibility criteria and participation with a Meetings subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.  
 † The Weight Watchers for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.  
 ‡ OnlinePlus subscription will be automatically renewed each month and you will be charged in accordance with your company’s pricing until you cancel.  
 § Digital tools and apps available only with OnlinePlus or eTools subscription. Apps available for iOS and Android devices.  
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