



Weight Watchers® At Work Program

Would you like to lose weight?

1. **A Weight Watchers At Work Program** is available at

your workplace. You will have input in deciding the best time for your group to meet.

2. **Who is Eligible?**

All active and retired SEIB members and their eligible dependents who have a Body Mass Index (BMI) of 25 or more and are covered by health plans offered to State and Local Government employees.

Pre-registration beginning now!

* To calculate your BMI go to:
www.consumer.gov/weightloss/bmi.html

3. **How Can You Get Started?**

Program applications can be found at:

www.adph.org/worksitewellness

The State Employees' Insurance Board (SEIB) will begin offering Weight Watchers At Work® Programs to its members on October 1. The 15-week sessions will be available at your worksite provided there is a minimum enrollment of 15 people.

Weight Watchers At Work® includes convenient weekly meetings, two new food plans, confidential weigh-ins, and support from co-workers and the Weight Watchers staff.

Each participant must pay one-half (\$85) for the 15-week program. The SEIB will pay the balance, provided the member attends at least 12 of the 15 classes. Retirees and dependents are also eligible to participate.

For additional information, please contact:

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