

How being rewarded works

If the employee and/or dependent attends the entire class for 8 out of 10 Weight Watchers classes, and loses 10 pounds by the end of the 10-week period, a \$120 reimbursement will be awarded to the participant via their paycheck (**Note: Reimbursement is considered taxable income**). Incentives must be claimed within a 90-day period following the completion of the 10-week session. Participants in the Weight Watchers online program are **not** eligible for the incentive.

Just turn in a completed Weight Watchers Incentive Form, found on the Weight Watchers page of the Wellness section of the Employee Benefits web site, a copy of your paid receipt for the Weight Watchers 10-week program along with a copy of the booklet showing attendance dates and your beginning and ending weight to the Wellness Coordinator.

After verifying your coverage under a County-sponsored medical plan and ensuring that the attendance and weight loss goals have been reached, the Coordinator will submit the appropriate information to County Payroll for processing of the reimbursement.

Participants may earn an unlimited number of rewards by attending additional 10-week programs and meeting the reward criteria.

You must attend eight out of ten classes in 10 consecutive weeks to be eligible to receive the incentive. The first week weigh-in and class is considered week 1.



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Criteria for incentives is subject to change, please refer to:

<http://ebc.maricopa.gov/ehi/ww.aspx>

for the most current incentive information.

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The Waisting Away Program

Lose 10 pounds

in 10-weeks

and receive

\$120

Wellness Works



The Waisting Away Program



The “Waisting Away” Program, administered by Maricopa County’s Employee Wellness Program, provides an opportunity for employees to be rewarded for losing weight when they attend Weight Watcher classes. Employees can attend classes through the Weight Watchers “At Work” program, or Weight Watchers classes held throughout the community.

Who is eligible?

Employees and their dependents that are covered under a County-sponsored medical plan are eligible to receive the reward. Dependents are defined as your spouse and children ages 10 and up. **Children 10-17 may participate in the program when accompanied by an adult participating in a Weight Watchers program and with a doctor’s permission note containing the child’s goal weight.**

Getting started

There are two ways to get started. **Attend Weight Watchers “At Work” classes** or attend Weight Watchers classes in a community location.

Weight Watchers “At Work” offers classes at certain Maricopa County worksites. To enroll call:

(602) 248-0303



Those enrolled in the Weight Watchers “At Work” 10-week program prepay the enrollment fee.

For enrollment in a Weight Watchers community program, show your CIGNA ID card to receive a discounted rate. Log into your myCigna.com account to view the most current available discount.

To find a convenient Weight Watchers meeting location, contact Weight Watchers of Arizona, Inc., at:

(800) 651-6000

or visit

WeightWatchers.com/Arizona