

2016 Wellness Incentive: Weight Watchers

What is the Weight Watchers Program?

Weight Watchers “Beyond the Scale” program offers support to help you achieve your desired weight. Activities include group meetings led by a weight-loss mentor, confidential weigh-ins, and a variety of tools such as recipes, 24/7 chat line, and weekly access to eTools such as strategy videos.



What if I don't need to lose weight?

The program can help someone who wants to lose weight or maintain a healthy weight.

Will others in my group find out how much I weigh?

No. All weigh-ins and information pertaining to your weight are strictly confidential.

What will I gain from the program?

The program offers a personal and holistic approach. You'll learn to eat healthier, move more and live happier.

Is there a fee?

Yes. This is a discounted fee for Pinellas County employees of \$186 per person for the program. Payment options are a lump sum payment of \$186 or three post-dated checks of \$62, due at the open house event.

What incentives can I earn?

You can earn 25,000 reward points or \$100 cash for completing the program. A Weight Watchers leader will provide you a certificate certifying your completion, and you are responsible for submitting a copy to the Wellness staff by email at wellness@pinellascounty.org or by interoffice mail to the Wellness Center, 400 S. Fort Harrison Avenue, Clearwater.

How do I sign up?

[Register here](#) or visit [Wellness Classes](#). If you don't see a location near you, contact your department's [Wellness Champion](#) to request an open house.

Is there a minimum class size?

Yes. There must be at least 20 employees signed up to hold a Weight Watchers class at a particular location.

How do I get more info?

For more information, please attend a free Weight Watchers open house for a program overview, pricing and Q&A. Also visit [Weight Watchers](#).