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General

1. What is WeightWatchers?

WeightWatchers is for people who want more from weight loss. We're for eating what you love with the people you love. We're for keeping the fun and losing the weight. We're for weight loss that lasts.

For more than 55 years, WW has helped millions lose weight with the latest nutritional and behavior change science.

2. Why is the City of New York partnering with WeightWatchers?

Together with the NYC Employee Benefits Program and the City's unions, WorkWell NYC has partnered with WeightWatchers to provide City employees and their families with real-life solutions to live healthier, all at a special price.

3. Who can take advantage of the WeightWatchers offerings through the City of New York?

All City of New York employees who are eligible for health benefits have access to a subsidy reducing the cost of membership by more than 50% off the regular price. Benefit-eligible dependents (spouses, children 18-26) and retirees can enjoy discounted pricing. Spouses and dependents of retirees are not eligible for the discount. Workshops (which used to be called meetings) are not available in some areas in the U.S. To find out if the county you reside in is a non-participating area, please visit: <http://wwfranchisecountylist.com>.

To become a WeightWatchers member, you must:

- Be at least 18 years old.
- Not be pregnant.
- Not have an active medical diagnosis of bulimia nervosa or anorexia nervosa.

4. What are the WeightWatchers offerings and costs through the City of New York?

Two WeightWatchers offerings are available to you. You can choose the plan that fits your lifestyle.

Employees:

- Core \$7.00 per month
- Premium \$14.00 per month

Spouses/Domestic Partners, Dependents, and Retirees:

- Core \$14.00 per month
- Premium \$28.00 per month

State taxes will be added where applicable. The dollar value of this contribution/benefit will be included as taxable income to the employee.

You will be charged the listed prices each month until you cancel your membership or if you are no longer eligible for the company subsidy.

Core

5. What is the Core offering?

The Core plan allows you to follow WeightWatchers entirely online. It is a self-directed plan with interactive tools and resources like food and activity trackers, restaurant guides, and thousands of recipes and meal ideas to help you stay on track. You also have access to our trained WW Wellness Coaches via the 24/7 Expert Chat feature. The WW mobile app gives you access to Connect, our exclusive, members-only social media space where thousands of WW members share tips while supporting and motivating each other.

- WeightWatchers Workshops are not available for individuals who enroll in this option.

6. How do I access Core once I have registered?

Once you have purchased a Core subscription, you may access it via the mobile app or at WW.com and logging in with your username and password created during the registration process. You will be recognized as a returning registered online subscriber. The mobile app is available in the App Store or on Google Play.

7. How do I get help for a Core subscription?

Help is available in the upper right-hand corner of every page on WW.com. Using this “help” button, you can e-mail your specific question to one of seven areas of inquiry: subscription process, tools and features, technical support, login help, start weight changes, and cancellations. The typical response time is within 24 hours.

Premium

8. What will I receive with my Premium membership?

Once enrolled in the Premium plan, you will gain access to a Monthly Pass within your account to attend weekly Workshops virtually, at your workplace (where applicable) or in the local community. Additionally, you will have access to Digital, WW's suite of digital and mobile tools.

9. What can I expect at a WeightWatchers Workshop?

At WeightWatchers Workshops, you'll learn to follow the PersonalPoints® food plan. You'll get tips and strategies, plus: guidance from a WW Coach, a supportive and caring environment, helpful tools, guides, books, and recipes. You can also choose to do a weigh in (if in-person).

10. How much time should I plan on spending at a Workshop?

Your group workshop, facilitated by a trained WW Coach, will last approximately 30-45 minutes.

11. How do I find out if a Workshop in the Workplace is available at my workplace?

Workshops in the Workplace were temporarily closed due to Covid-19. We are slowly reopening workshops at various locations that meet WW criteria. If you are interested in having a WW Coach come onsite weekly to host workshops, contact your agency HR department to determine if your agency has an on-site coordinator who can assist with getting one started. You may also email Kathleen Skirvin from WW at Kathleen.Skirvin@ww.com. In the meantime, you can attend Virtual Workshops that are exclusive to the City of New York. Please follow the steps below.

- Make sure that the WW app is downloaded to your phone and that you are logged in. Then, using your phone's web browser, go to WW.com/us/NYC.
- Scroll down to "You've been invited!" and select "Let's go."
- Select "Join" to gain access to the Connect group. You'll be pushed directly to the WW app.
- You're in! Find your group anytime by clicking on the Connect icon. You will see the Connect group you joined at the top under "Groups."
- Tap on your group to see details on the City of New York's WW Private Virtual Workshops. Start connecting with others from the City of New York!

Registration & Cancellation

12. How can I get my family involved?

The City of New York/Unions have negotiated a reduced WW Membership rate for your spouses, domestic partners, dependents (over the age of 18) and retirees of the City. Eligible family members and retirees can purchase any of the offerings (Core or Premium) at WW.com/us/NYC with the City of New York's Access ID: 11612222 to receive the discounted pricing.

Only New York City employees are eligible for NYC/Union contribution. Providing or sharing your eligibility information or the Access ID with non-City of New York employees (including spouses, relatives, friends) is strictly prohibited and may result in the termination of your membership.

13. How do I register for the WeightWatchers offerings through the City of New York?

You can purchase any of the offerings (Core or Premium) at WW.com/us/NYC with the City of New York's Access ID: 11612222 to receive the special discounted pricing. Please be sure to enroll using your Primary Legal First Name and Legal Last Name. If you are an employee, you will need to enter a Unique ID in the following format: Last four digits of SSN + Date of Birth mmddyyyy + First 8 Letters of your Primary Legal First Name. Example:
782310011992SAMANTHA

Employees must use the first and last name indicated on your pay statement when signing up. For assistance, call 866-797-2836 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET). If you have any questions you may also email wellnesshelp@weightwatchers.com.

If you are a current WW member, you can still take advantage of the discounted pricing and subsidy. Please call WW at 866-797-2836 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET) for assistance with getting your membership switched to the City of New York special pricing.

14. Why am I getting the message "Member is not eligible" when I try to register?

There are several reasons you may be receiving this message. If you have carefully followed the registration instructions above, please send the following information to WorkWell@olr.nyc.gov for assistance:

- Primary Legal First Name (as indicated on your pay statement)
- Legal Last Name (as indicated on your pay statement)
- Unique ID: Last 4 Digits of Social Security Number + Date of Birth mmddyyyy + First 8 Letters of your Primary Legal First Name (Example: 943009221987NAME) The ID is not case sensitive.
- Name of Agency

15. Can I use my Flexible Spending Account towards WW?

Pursuant to City of New York policies and IRS regulations, WW may be a reimbursable expense for people who have been advised by their doctor that they have obesity and need to lose

weight provided certain conditions are met. You need a doctor's letter that 1) states your diagnosis of a specific disease such as obesity, hypertension, or heart disease, that would be improved with weight loss and 2) states the doctor's recommendation that you lose weight. You also need a record of your covered expenses, such as paid invoices, receipts, or your Membership Book that is stamped with your attendance and payments. IRS Publication 502 states that you cannot include the cost of diet food or beverages in the medical expenses because the diet food and beverages substitute for what is normally consumed to satisfy nutritional needs. For reimbursement through an FSA, you must submit a doctor's letter or medical necessity form provided by the claims payer and proof of payments for treatment with your claim. Visit nyc.gov/fsa for a Claims Form.

16. Can I accept or participate in promotional giveaways from WeightWatchers?

Please be advised that WW North America, Inc (WWNA) is engaged in business dealings with the City of New York and therefore, in accordance with Chapter 68 of the City Charter, New York City public servants may not accept anything from WWNA valued at \$50 or more. Your agency may have stricter rules regarding gifts. Check with your agency's code of conduct or agency counsel. For further information or questions contact the New York City Conflicts of Interest Board at 212-442-1400.

17. I am retiring. How can I continue my WeightWatchers membership when I'm no longer an active City employee?

Please be advised that the 50% discount is only available for active City employees at this time. Once you have retired, you will no longer be eligible for the discounted rate. However, you are eligible for a reduced pricing. You will be notified via email when your discounted membership ends. Please call 866-797-2836 and the WW Hotline will be able to help you re-enroll. Please have your WW Username and Password available.

18. How do I cancel my WeightWatchers membership?

Our cancellation process is hassle-free. You can easily cancel your Core or Premium membership on our website. Simply log in to your account, go to "Settings," and then go to "Account" to view your cancellation options. If you would like assistance with cancelling your account, you can call 866-797-2836.

If you have already been billed for your next month, call 866-797-2836 to receive a full refund for the upcoming month. Please note that you will not receive a refund for the month in which you cancel, except as provided in the Cancellation Policy.

19. If I register for WeightWatchers, will my membership and weight information be kept confidential?

Yes, it will. Although the City of New York will receive information about the total membership's weight loss, it will not receive any individual or personally identifiable information.