Register with Weight Watchers

1. Register with Weight Watchers by visiting <u>https://wellness.weightwatchers.com/Employees/Employeelogin.aspx</u>

WeightWatchers*

| | We've teamed up with your of With Weight Watchers, you'll get a proven approac program to help you lose weight and keep it off. | company for a healthier you h to weight loss that includes tools, strategies and the <i>PointsPlus</i> ® any to see what's available to you. |
|----------------|---|--|
| | New Registration | Returning Users |
| | Company ID | Username |
| MAN | Company Passcode | Password |
| CONSTRUCT OF A | Note: If you don't know your company ID or presources department company's human | Eorgot password? |
| | Register | |

- 2. Enter your Company ID and Company Passcode. Your employer will have provided both to you. Click "Register."
- 3. Provide the requested details including, Last Name, First Name, a Username and Password, your Email Address,

| Il fields are required | | |
|------------------------|------------|--|
| ersonalize yo | ur account | |
| First Name | | |
| Last Name | | |
| Username | 0 | |
| Password | 0 | |
| Re-enter password | 0 | |
| Email | 0 | |

Complete your company information.

| Company Address 👩 | |
|-------------------|---|
| Company State | Select |
| Company ZIP code | |
| | Note: Please enter the address of where you currently work. This may or may not be the sa address as your company headquarters. |

Choose either "Yes" or "No" for whether you are interested in attending At Work Meetings.

| ⊖ Yes ⊖ No | Are you in | terested in attending Weight Watchers At Work Meeting | gs? 👩 | |
|------------|------------|---|-------|--|
| | Oyes | O No | | |

To move on to the next step in the registration process, you must agree to the terms outlined by checking the box.



Click on "Next."

You may choose to either sign up for Weight Watchers Monthly Pass or Weight Watchers Online. To sign up for Weight Watchers Monthly Pass, proceed to the next step. <u>To sign up for Weight Watchers Online, skip to</u> <u>page 7.</u>

Sign Up For Weight Watchers Monthly Pass

- 1. Scroll down to the box labeled <u>Weight Watchers Meetings</u>.
- 2. The zip code you entered during the registration process will be already be populated. Click "Find."



NOTE: If there are currently no At Work meetings available, the following message will appear:

There aren't any meetings in your workplace right now, but you can attend unlimited Weight Watchers Meetings in your local community when you purchase Monthly Pass (if available).

Your company will let you know when meetings in your workplace become available!

3. To purchase a Monthly Pass to attend meetings at either At Work or in your local community, find the best option for you and click on "Buy Monthly Pass."

| 14 W NEW Appro | 23RD ST 2 YORK, NY, 1 oximate dis | ND FL 10010 tance: 0.35 | mile(s) | | | |
|----------------------|---|-------------------------------|---------|---------|---------|---------|
| leeting Ti SUN | mes MON | TUE | WED | THU | FRI | SAT |
| 8:00am | 8:00am | 8:00am | 8:00am | 8:00am | 7:45am | 8:30am |
| 10:30am | 12:30pm | 12:15pm | 10:00am | 12:15pm | 8:15am | 8:00am |
| 12:00pm | 5:45pm | 1:30pm | 12:15pm | 5:15pm | 12:15pm | 10:00am |
| | | 5:15pm | 5:30pm | 6:15pm | | 11:30am |
| | | 6:45pm | 7:00pm | | | |
| ours of C | peration | | | | | |
| 8:00am | 8:00am | 8:00am | 8:00am | 8:00am | 7:45am | 8:00am |

4. Personalize your account

| First name Last name | First Name | | your account. *REMEMBER to CANCEL your previous membership first to receive your company's |
|-------------------------|--|-------------|--|
| Height | ft in | Yo | subsidy!! |
| Weight | lbs | oni you. | All personal |
| Birth date | Month 🗘 Day 🗘 Year 🛟 | confi | mation will be kept dential. |
| Gender | ⊖ Female ⊖ Male | | |
| | Do you have an active medical diagnosi of bulimia nervosa? | s | |

Continue to populate the fields with your last name, first name, height, weight, birth date and gender. If female is selected, another question will automatically appear asking whether you are pregnant.

| Gender | ⊙ Female ○ Male |
|-------------------|-----------------|
| Are you pregnant? | ⊖Yes ⊖No |

- 5. Click "Continue" to proceed to the next step.
- 6. Create a username and password that you will use to login to the Weight Watchers site in the future. Should you forget password, you'll be asked to answer the security question.

Create your account login @

| User Name | | |
|-------------------|--------------------|------------|
| | Check Availability | |
| Password | | |
| Confirm password | | |
| Security question | Select One | ; ; |
| Security answer | | |

- 7. Enter your payment and contact information.
- 8. Provide the shipping address for your Monthly Pass card, if different from your billing address.
- 9. Review and accept the Monthly Pass Subscription Agreement.

By checking this box, you acknowledge that you have read and agree to be bound by our Monthly Pass Subscription Agreement between you, WeightWatchers.com, Inc. and the meeting service provider listed above.

10. Click on "Complete Sign Up."

Sign up for Weight Watchers Online

1. Scroll down to the blue box under the heading <u>Weight Watchers Online</u> and click "Sign Up."

| Weight Watchers Meetings | Weight Watchers Online |
|---|--|
| 10010 FIND | SIGN UP |
| What you get | What you get |
| Guidance from a Leader who lost weight and kept it off with Weight Watchers | Interactive tools for tracking your food, activity and weight |
| Support, ideas and encouragement from people just like you | Over 3,500 recipes, plus meal ideas and cooking videos |
| Monthly Pass with access to eTools, the internet weight-loss companion to meetings | Customized sites for both men and women |
| Convenient locations and different times to choose from | mobile device |

2. Scroll down until you locate Personalize Your Account

| Returning to Weight Watch | ners.com or currently using our Community? | click here to personaliz your account. |
|---------------------------|--|---|
| First name | First Name | CANCEL your previou |
| Last name | Last Name | membership first to receive your company |
| Height | ft in | subsidy!! |
| Weight | lbs | oni vou, Al personal |
| Birth date | Month 🗘 Day 🗘 Year 🛟 | information will be kept confidential. |
| Gender | ⊖ Female ⊖ Male | |
| | Do you have an active medical diagn of bulimia nervosa? | nosis |
| | ⊖Yes ⊖No | |
| | Continue Cancel | |

Continue to populate the fields with your last name, first name, height, weight, birth date and gender. If female is selected, another question will automatically appear asking whether you are pregnant.

| Gender | ⊙ Female ○ Male |
|------------------|-----------------|
| re you pregnant? | ⊖Yes ⊖No |

- 3. Click "Continue" to proceed to the next step.
- 4. Create a username and password that you will use to login to the Weight Watchers site in the future. Should you forget password, you'll be asked to answer the security question.

Create your account login

| User Name | | |
|-------------------|--------------------|-----|
| | Check Availability | |
| Password | | |
| Confirm password | | |
| Security question | Select One | ÷ 0 |
| Security answer | | |

- 5. Enter your payment and contact information.
- 6. Review and accept the Subscription Agreement.



7. Click on "Complete Sign Up."