



# Weight Watchers Reimbursement Request

Please Type or Print Information

Questions: contact Michelle Walldorff 404.558.8579

## Employee Information:

Name: \_\_\_\_\_

Employee ID#: \_\_\_\_\_ Department: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Health Insurance Provider: \_\_\_\_\_

## Which 5% are you applying for? Please provide dates and circle applicable 5%.

Date of 1<sup>st</sup> 5% \_\_\_\_\_ Date of 2<sup>nd</sup> 5% \_\_\_\_\_ Date of 3<sup>rd</sup> 5% \_\_\_\_\_

Date of 4<sup>th</sup> 5% \_\_\_\_\_ Date of 5<sup>th</sup> 5% \_\_\_\_\_ Date of 6<sup>th</sup> 5% \_\_\_\_\_

**Weight Watchers members who attend meetings or participate in the digital program are eligible to receive \$50 for every 5% of weight lost.**

**GOAL: Reach Lifetime Status\* with Weight Watchers and have the tools to manage your weight forever.**

\*Lifetime Status and requirements are determined by Weight Watchers.

### Example of 5% weight losses:

1<sup>st</sup> 5% Paul's starting weight is 250 lbs. He loses 5%, or 12.5 lbs for \$50. Now he is at 237.5 lbs.

2<sup>nd</sup> 5% Paul is now at 237.5 lbs. He loses a second 5%, or 11.9 lbs for his second \$50. Now Paul weighs 225.6 lbs.

*NOW Paul is on a roll. He's feeling energetic, his pants are too big AND he's got some extra cash in his pocket.*

3<sup>rd</sup> 5% Paul is now at 225.6 lbs. He loses a third 5%, or 11.3 lbs for his third \$50. People are really seeing his change.

4<sup>th</sup> 5% Paul now weighs 214.3 lbs. He loses a fourth 5%, or 10.7 lbs for his fourth \$50. He weighs 203.6 lbs.

*Paul feels great. His blood chemistry hasn't looked this good in years, his joints ache less AND now he decides how much more, if any additional weight loss is needed. He's changed his habits, learned new cooking techniques and eats more fresh food. Exercise has enhanced his weight loss and built up his muscles. Paul knows these habits are SUSTAINABLE. It's been hard work, but feeling better is worth it.*

## Documentation Needed:

Copy of complete Weight Watchers membership book signed by Weight Watchers Leader OR screenshot of starting weight with screenshots of each 5% weight loss. Subject to validation and approval by DeKalb Wellness.