



Weight Watchers is now a part of your Humana medical plan

Weight Watchers, the world's leading provider of weight management services, is now integrated into your company's Humana health plan.¹

Plus, we made it even better by including:

- **Free six-month membership** to Weight Watchers plus a discount if employees continue the program – up to a \$270 value²
- **Confidential connection** through Humana's wellness and clinical programs³
- **Your choice** – Weight Watchers meetings⁴ or OnlinePlus
- **Help your way** – personal health coaches³ and 24/7 Expert Chat

This is a first-of-its-kind program that improves employee health, workplace productivity, and ultimately your bottom line. It's just another way we're closing the gap between people and care.

Get more details now. Go to Humana.com/weightwatchers to learn more and download resources to help you get the word out to your employees.



GET THE FACTS:

Overweight employees can have a direct impact on your business

Estimated cost to U.S. employers annually in lost productivity due to obesity-related issues

\$164 BILLION

Medical costs and twice as many claims for employees with obesity and related chronic diseases

7x HIGHER

Estimate of the average workforce that is obese

TWO-THIRDS

Society of Actuaries Overweight and obesity study
Ostbye, T; Dement, JM; Krause, KM. Obesity and workers' compensation: results from the Duke Health and Safety Surveillance System. Archives of Internal Medicine. 2007; 167:766-773

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Humana® weightwatchers

1 Weight Watchers program included with Humana's group fully-insured medical plans, and available as a buy-up option for self-funded or Administrative Services Only (ASO) groups.

2 Discounted program access is available at employee's expense after free six-month period for group fully-insured clients.
Not all members have access to Weight Watchers.

3 These non-insurance services are provided by Humana Wellness.

3 Weight Watchers in-person meeting availability and participation vary by area

This material is intended for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional. Consult with your doctor to determine what is right for you.

Weight Watchers is an independent vendor that is contracted with Humana, Inc. to provide wellness and discount programs for members enrolled in an eligible insurance plan. Weight Watchers may impose additional eligibility requirements. Please refer to the marketing literature issued by Weight Watchers for their eligibility, rules, and limitations. The Weight Watchers discount program is not an insured benefit under the policy. Weight Watchers is solely responsible to you for the provision of its services. Humana is not responsible for Weight Watchers' services nor is Humana liable if Weight Watchers refuses to honor such discounts. Further, Humana is not liable to members for the negligent provision of services by Weight Watchers.

