

Weight Watchers @ Work:

Did you know that Weight Watchers is offered here at Carnegie Mellon for onsite meetings every Wednesday @ 11:30 a.m. in Cyert Hall B6-B?

Prefer your community meeting? That's OK too. Did you know you can now purchase your membership through Weight Watchers on a special website just for Carnegie Mellon staff, faculty & students and family members for only \$39.95 a month (purchased at WW the cost would be \$42.95) that can be used Onsite or in your community? The website is:

The URL: <https://wellness.weightwatchers.com>

Carnegie Mellon University ID: **21025**

Our Pass code: **WW21025**

Membership includes all Weight Watchers material, weekly meetings and e-Tools (WW on-line tools). For any questions, please contact Rita Motor at: rita@cmu.edu.

Registration hints:

There is a hotline number if you experience any problems: **1-866-204-2885 OR email wellnesshelp@weightwatchers.com**

Have free e-tools from a previous series: Call the hotline number FIRST to cancel e-tools before signing up. You will be able to link back to your e-tools account during the signup process.

- 1) **Go to website & enter the CMU ID & Pass Code; register as NEW USER.**
 - a. Staff & Faculty, choose Employee type "Employee:
 - b. Students, family members, & non Faculty & Staff, choose "Member"
- 2) **Enter personal information information on next page**
- 3) **Pick a meeting location. IMPORTANT: You will NOT see your At Work meeting listed because there isn't a meeting yet under the new model....you just click on purchase Monthly Pass within one of the listed community meetings. (remember, you are *not* signing up for a specific meeting, you are signing up for a monthly pass, which is valid in any community meeting or At Work meeting)**
- 4) **Review Monthly Pass information**
- 5) **Personalize your account:**
 - a. **New members – enter height, weight, etc.**
 - b. **Existing e-tools users – click on "Returning to weightwatchers.com..." to link to your e-tools account and populate known information**
- 6) **Enter payment & contact information; accept agreement**
- 7) **Print Monthly Pass**