



Frequently asked questions

[What is Weight Watchers®/WW?](#)

[Why is General Dynamics IT partnering with WW?](#)

[If I register for WW, will my membership and weight information be kept confidential?](#)

[What are the WW offerings through General Dynamics IT?](#)

[Who can take advantage of the WW offerings through General Dynamics IT?](#)

[What is the cost of the WW offerings through General Dynamics IT?](#)

[How do I register for the WW offerings through General Dynamics IT?](#)

[How do I take advantage of the \(wellness incentive\) offered by General Dynamics IT?](#)

[How do I receive reimbursement for my WW membership?](#)

[How do I cancel my WW membership?](#)

What is Weight Watchers®/WW?

WW is Weight Watchers reimagined.

Our purpose is to inspire healthy habits for real life. For people, families, communities, the world, for everyone. We will always have the best weight-loss program on the planet, and now we're putting our decades of experience in behavior change to work for an even greater mission. We are becoming the world's partner in wellness. No matter what your goal is—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—we will bring you science-based solutions that fit into your life.

As a reflection of our new mission, we are moving from Weight Watchers to WW—a mark that's rooted in the familiar but reimagined to welcome everyone who seeks to be healthier, not just manage their weight.

Why is General Dynamics IT partnering with WW?

General Dynamics IT has teamed up with WW to bring you a program that gives you real-life solutions to get healthier, all at a special price.

If I register for WW, will my membership and weight information be kept confidential?

Yes, it will. Although General Dynamics IT will receive information about the total membership's weight loss, it will not receive any individual or personally identifiable information.

What are the WW offerings through General Dynamics IT?

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

Offering 1: Digital (previously referred to as Online*Plus*)

Offering 2: Digital + Workshops (previously referred to as Meetings + Online*Plus*)

Who can take advantage of the WW offerings through General Dynamics IT?

All benefit eligible employees are eligible for the discounted rates and reimbursement. Spouses and dependents 18+ are eligible for the discounted rates only. 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 WW member, you must:

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

What is the cost of the WW offerings through General Dynamics IT?

Offering 1: Digital (previously referred to as Online*Plus*): \$8.48 per month (After reimbursement)

Offering 2: Digital + Workshops (previously referred to as Meetings + Online*Plus*): \$19.11 per month

Reimbursement Requirements for employees:

- **Digital:** After 12 weeks of membership, submit a copy of your Monthly Summary Progress Report as a proof of participation. Log into your account go to Track Your Weight > Progress Reports > Monthly Summary Tab
- **Digital + Workshops:** Attend at least 9 meetings in a 12-week/3-month period

State taxes will be added where applicable.

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

How do I register for the WW offerings through General Dynamics IT?

You can purchase either of these offerings at <https://wellness.weightwatchers.com> with Employer ID: 62230 to receive a special price and reimbursement. For assistance, call 866-204-2885 (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 reimbursement. Please call WW at 1-866-237-6032 (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 General Dynamics IT special pricing.

How do I take advantage of the (wellness incentive) offered by General Dynamics IT?

Insert If applicable.

How do I receive reimbursement for my WW membership?

Please state reimbursement process.

How do I cancel my WW membership?

Our cancellation process is hassle-free. You can easily cancel your Digital or Digital + Workshops (previously known as Meetings + Online*Plus*) 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 866-204-2885.

If you have already been billed for your next month, call 866-204-2885 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.