



Q: What is WW?

A: WW is Weight Watchers reimagined. Our purpose is to inspire healthy habits for real life. For people, families, communities, the world, for everyone. 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. WW welcomes everyone who seeks to be healthier, not just manage their weight.

Q: Why is Houston Methodist partnering with WW?

A: Houston Methodist has teamed up with WW to bring you a program that gives you real-life solutions to get healthier, all at a special price.

Q: Who can take advantage of the WW offerings?

A: All employees and spouses/domestic partners enrolled in a Houston Methodist Medical Plan are eligible to participate. Workshop offering is 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.

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

A: Yes, it will. Although Houston Methodist will receive information about the total membership weight loss, Houston Methodist will not receive any individual or personally identifiable information.

Q: If I'm a current WW member can I receive the special pricing?

A: Of course! There's an option to link your current account through Houston Methodist's registration process. If you have any issues, call WW at 1-866-237-6032 for assistance with getting your membership switched.

Q: What are the WW offerings and monthly cost through Houston Methodist?

A: You can choose the plan that fits your lifestyle.

Offering 1: Digital

\$8.50 per month

Offering 2: Digital + Workshops

\$16.50 per month

You will be charged each month until you cancel your membership or if you are no longer eligible for Houston Methodist's WW program offering. State taxes will be added where applicable.

Q: How do I take advantage of the Virgin Pulse incentive offered by Houston Methodist?

A: You will receive incentives automatically* by actively participating in your Workshop or by tracking in your WW app.

WW Workshops = 2,000 points weekly for completing a wellness check-in at a workshop

WW Digital = 1,000 points weekly for tracking in your app

*You must have a Virgin Pulse account through Houston Methodist to begin automatically receiving incentives

Q: How do I cancel my WW membership?

A: Our cancellation process is hassle-free. You can easily cancel your membership on our website. Simply log in to your account, go to "Settings," > "Account" to view your cancellation options. If you would like assistance, 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.

Join WW today!

Step 1: Visit HoustonMethodist.WW.com

Step 2: enter Employer ID: **11380522**

Questions? Call 866-204-2885 or email wellnesshelp@weightwatchers.com (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET.)