

# Quick Reference Guide

## to sign up for WW through Sentara Health

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**Step 1** Go to <https://wellness.weightwatchers.com> and click the **“see discounted rates”** button

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**Step 2** Enter your **employer** information:

- (a) Enter the WW Employer ID for **WW/Sentara: 11315**
- (b) Select your population type
- (c) Enter your Employee ID

Click the **“next step”** button

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**Step 3** Choose your subscription type

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**Step 4** Create your account  
Click the **“next step”** button

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**Step 5** (a) Enter your payment information  
(b) Click the **“next step”** button

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**Step 6** Review and submit your order to complete your registration

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