

# THE AT WORK PROGRAM®

## QUESTIONS & ANSWERS

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### ***What is the At Work Program?***

The At Work Program is a division of Weight Watchers, which provides trained group leaders to visit your worksite at a time and day of your choice and conduct informative weight loss classes.

### ***Who are the group leaders?***

All of the group leaders have had success in the Weight Watchers program. They have achieved and maintained their weight loss goals, and have been trained to inform and motivate Weight Watchers members in achieving their desired weight.

### ***How does this program differ from a traditional Weight Watchers meeting?***

The main benefit of the At Work Program over a traditional meeting is convenience. While both teach the *TurnAround*™ program by trained motivational group leaders, the At Work Program comes to your worksite at a day and time that best fits your employees busy schedules. Our leaders provide the tools and materials needed, as well as saleable items, such as cookbooks, journals and nutrition bars to assist the group in reaching weight-loss goals.

### ***How often are the meetings?***

The group leader will visit your worksite at a specified day and time, once a week, for 12 weeks. The meetings usually last for one hour, and because many of our meetings are conducted during a lunch hour, we encourage you to bring meals with you.

### ***What if I miss a meeting?***

If a meeting is missed, we suggest attending a traditional class at one of our Weight Watchers centers. Please bring your personal membership card with you. (Schedules available)

### ***What if a meeting falls on a holiday?***

If a meeting falls on a holiday, that class will not be counted and an additional week will be added.

### ***Are there any requirements to start an At Work Program?***

A minimum of 10 people is required to start an At Work Program. Participants are permitted to enroll in the 1<sup>st</sup> or 2<sup>nd</sup> meeting, but there must be 10 members before the group can begin.

***If I am a lifetime member, can I still join an At Work Program?***

When a lifetime member joins at goal there is no charge for the class, as long as they are current, (meaning they have weighed within the last month), but they will not be counted towards the 10-member requirement. If a lifetime member is over goal they will receive a discount on joining fees. (See rates below)

***If I have been attending a traditional Weight Watchers program can I still participate in an At Work?***

When a member transfers from a traditional meeting to an At Work within two weeks they will be charged the rollover rate.

***What type of payment is accepted?***

Payment can be made by cash, check or credit card. If paying by check, half payments can be made with a post-dated check. Post-dated checks must be received at registration and will be deposited six weeks later.

**Rates**

<b>10 Members Required</b>	<b>Rollover Rates</b>	
Regular Members	\$136.00	\$126.00
Lifetime Members	\$118.00	\$108.00

- Rollover rates are for a 2<sup>nd</sup> consecutive series.

