

As Easy As 1, 2, 3 AvMed's Weight Watchers® Reimbursement Program

In addition to your AvMed-covered benefits, AvMed Health Plans collaborates with Weight Watchers to help you take that important step toward losing weight and leading a healthier lifestyle.

And now AvMed offers you ③ ways to do it!

- ① Local Meetings – The power of group support at a special AvMed rate.** Join Weight Watchers at any Florida location for \$10 and pay just \$10 for each meeting. Once you reach your lifetime goal, AvMed will reimburse you up to one year's meeting fees for the Weight Watchers program. (This offer excludes accessory purchases, maintenance fees and meetings not attended.)
- ② At Work Meetings – The power of group support and the convenience of worksite meetings.** A minimum of 15 employees must participate to start and continue the At Work program. AvMed members pay the At Work fees (most are pre-paid in 10-week intervals.) Once you reach Lifetime Status, AvMed will reimburse up to one year of the meeting fees you have paid to Weight Watchers. (This offer excludes accessory purchases and maintenance fees.)
- ③ At Home – No fuss – and the convenience of home.** As an AvMed member, you can enjoy the convenience of Weight Watchers ... delivered right at your doorstep. Contact Weight Watchers either by phone or online to purchase your at-home kit. Since Weight Watchers doesn't monitor the at-home program, you must see an AvMed physician to log your starting weight and establish your goal weight. Once you have reached your weight-loss goal, re-visit your AvMed physician and obtain a prescription note verifying your start, goal and end weight. AvMed will then reimburse the Weight Watchers STANDARD At Home fee.

See other side for your AvMed/Weight Watchers reimbursement form.



You can do it!

AvMed/Weight Watchers®

Name: _____ Date joined: _____

Address: _____

City: _____ State: _____ Zip _____

AvMed member ID: _____ Phone number: _____

Doctor's name (if you are using the At Home program): _____

Number of pounds lost: _____ Amount of reimbursement requested: _____

The reimbursement process is simple and generally takes 60 days. For reimbursement, send in this completed request form along with the following items:

- ✓ Copy of your Weight Watchers attendance booklet or physician proof of weight loss, if you've used the At Home program
- ✓ Copy of your Weight Watchers Lifetime Membership card (not applicable for At Home program)
- ✓ AvMed membership number (filled in above) or a photocopy of your AvMed ID card

SEND TO: AvMed Health Plans, Health Promotions
ATTN: Weight Watchers Reimbursement
9400 S. Dadeland Blvd., Suite 370
Miami, FL 33156

To contact the Weight Watchers nearest you, call 305-221-9411 in Broward and Miami-Dade counties; in all other counties, call 1-800-651-6000. Contact AvMed Member Services at the number listed on your AvMed ID card.

Important information:

- Eligibility for the reimbursement program begins the day an AvMed member joins Weight Watchers or the day a Weight Watchers client joins AvMed. You must also be an AvMed member at the time of reimbursement to be eligible for reimbursement.
- This offer may not apply to Self-Funded groups. Reference your AvMed contract or contact Member Services for additional information.
- Due to federal regulations, AvMed Medicare members are not eligible for this reimbursement program, but will receive the AvMed discount when joining at a Weight Watchers location.
- This offer is for first-time Weight Watchers Lifetime members only.

