

# It's the perfect time to make some positive changes.



## Learn how. Right now.

Weight Watchers® gives you access to healthy, sustainable ways to lose weight. You choose when and where it's convenient for you.

**Traditional Meetings** Free registration at weekly group meetings that can give you the support you need to make a lifestyle change. Call 1.800.651.6000 to find a meeting location in your area. A \$15-\$28 savings depending on location. *(Available in participating areas)*

**Online Subscription** Save \$10 on online access to personalized tools, information and interactive resources to follow our plan step-by-step online.

**Weight Watchers® At Home** kit gives you information and resources to follow our plan step-by-step at home. Save \$10 on the kit, which includes weight-loss tools and bonus products that are conveniently delivered right to your door. *(In participating areas)*

## Start enjoying the benefits of a healthier lifestyle



If you are committed to making a change, managing your weight and staying healthy, we're here to help with our weight management programs discounts.

**Healthy Rewards®** now offers discounts on three Weight Watcher® products and services.

Members can find out about these and other Healthy Rewards® programs and locate providers by logging onto [myCIGNA.com](http://myCIGNA.com) or by calling 1.800.870.3470.

## With Weight Watchers® you choose the solution that's best for you.

Healthy Rewards® is a discount program. A discount program is NOT insurance, and the CIGNA member must pay the entire discounted charge. "CIGNA" refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

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