

When do-it-yourself requires some help, *We work with you*

The Beyond the Scale program makes it simple to learn the skills you need for weight loss. Our scientifically-proven approach gives you the skills and techniques to change your overall well-being.

Members lost **15% more weight** in their first two months following the new Beyond the Scale program than those who followed the previous program.*

Find an At Work Meeting Location Near You!

Baystate Medical Center

Tuesdays, 11-11:45 a.m.

HVC MassMutual 5

280 Chestnut Street

Thursdays, noon-12:45 p.m.

Conference Room 518

211 Carando Drive

Thursdays, 1:15-2 p.m.

Mezzanine

361 Whitney Ave, Holyoke

Tuesdays, 12:15-1 p.m.

BRL Conference Room

Mason Square

Thursdays, noon-12:45 p.m.

Large Conference Room

Baystate Wing Hospital

Tuesdays, 12:15-1 p.m.

Snow Conference Room C

Baystate Noble Hospital

Tuesdays, 12:30-1:15

Conference Room A

With Weight Watchers Meetings you get the convenience of Weight Watchers meetings At Work and unlimited meetings in your local community. Plus, get FREE eTools, the Weight Watchers internet weight-loss companion that helps you stay on track between meetings. To enroll in Weight Watchers for free through Baystate Healthy, see back of flyer.

Please note, meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace.

*Comparing Meetings members who weighed in two months after starting program versus the same time period in the prior year.

©2017 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark.

Get Started with Weight Watchers at Baystate Health!

Baystate Health covers 100% of the cost of Weight Watchers for benefits-eligible team members.

Step 1: Go to <https://wellness.weightwatchers.com>. Enter Employer ID: 65888 and Employer Passcode: WW65888

Step 2: **Personalize Your Account** and create a username and password.

Note: This username and password will be used for this registration site only.

**If you are a current Meetings or OnlinePlus member, click the blue link [Do you already have a WeightWatchers.com account?](#) and enter your existing Weight Watchers username and password to link your account history to this new subscription. You will be asked to enter your current password once you reach step 7. For assistance, please call our Wellness Helpdesk at 866-204-2885.*

Step 3: **Complete your workplace information.** Enter the zip code for the building where you work and click on “find locations” or select a pre-populated work location. If the results do not show your particular work address, you will be asked to enter your buildings street address.

Step 4: **Review our product offerings: Meetings and OnlinePlus.** If you are looking for At Work meeting locations at your workplace or community meeting locations near your workplace or home, click [Learn More](#) within the Meetings section, and proceed to **Step 5**. If you prefer OnlinePlus, click [Learn More](#) within the Online section, and skip to **Step 6**.

Step 5: **Search for meetings.** If you do not see your At Work meeting listed, simply click *Buy Monthly Pass* next to one of the listed community meetings. **THIS WILL NOT COMMIT YOU TO THIS SPECIFIC MEETING.** Your Monthly Pass will be valid in any community meeting or At Work meeting at your workplace. Your purchase will count toward the 20 people needed to open a meeting at your workplace. Until your workplace meeting begins or if a workplace meeting is not right for you, you are able to attend meetings in your local community.

Step 6: **Complete your Weight Watchers Subscription Account:**

- A. If you are an existing member, re-enter your current Weight Watchers password (this will finalize your account history linking process) and enter/update the necessary information. If you are a new member to Weight Watchers, proceed to entering more information about you. **Click Next**
- B. **On the next page**, if you are new member, complete your account log in information by re-entering the password created on the registration site in step 2. If the pre-populated username is not available on this section, please create a new one. **
- C. Enter your payment information along with the billing/shipping address
 - a. **Note:** Shipping address is only required when selecting Monthly Pass or Monthly Pass for Diabetes
- D. Accept the subscription agreement and click on **“Complete Sign Up”**
 - a. **Note:** If you selected the Monthly Pass offering, print your temporary Monthly Pass for immediate use. Your membership will automatically renew for the subsequent months. A hard copy of the Monthly Pass will be mailed to you each month.

**This will be the username and password to use going forward on all consecutive logins to your WeightWatchers.com account to access eTools, Online Subscriptions and mobile applications.*

***In rare instances, the username created in the registration site will not be available in this section.*

Step 7: **Attend Meetings or start your program online today!**

If you or any colleague needs help with any of these steps, place call Customer Service at 866-204-2885.

*****Please Note:** The portal states that 20 people are needed to open a meeting at your workplace. However, based upon your company's program offering, to open a meeting you will only need 15.