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The City of Waterbury  
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TO: City of Waterbury and Department of Education Employees  
FROM: Karen Lang – Pension & Benefits Manager  
DATE: December 17, 2010  
SUBJECT: Anthem & Weight Watchers Partnership

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We are getting to that time of year when everyone makes the “I am going to lose weight” New Year’s resolution. This year we have some help!

Anthem Blue Cross & Blue Shield has partnered with Weight Watchers to offer a special program to their Municipal Clients. Anthem will partially reimburse employees who participate in any on-line or community Weight Watchers meeting. At work meetings also qualify. The City does not currently have an on site Weight Watchers meeting, but if anyone is interested in forming a group please contact the Pension & Benefits office. We’ll keep a list and if enough people want to meet, we will contact Weight Watcher’s to see if they will provide a leader. A minimum of 15 employees is required.

If you attend and provide the required “proof of participation” for a minimum of 10 weeks the reimbursement is \$50 and if you attend a minimum of 15 weeks the reimbursement is \$75. Anthem is fully funding this program and it is of course completely voluntary. Spouses are eligible as are dependent children over the age of 18.

**We are attaching the proof of participation form.** Take the form to your meeting, get it signed by a Weight Watchers staff member and submit the form to Anthem to get your check. If you are an on line member, print out the Weight Tracker and submit with the participation form.

**The deadline for signing up for this special program is January 31, 2011, so don’t miss out on this great opportunity!**