



## The Rewards of Watching Your Weight

CIGNA members now have access to lower prices on Weight Watchers® programs through Healthy Rewards®, a CIGNA program that offers members discounts on a variety of complementary health products and services.

Weight Watchers can help you achieve or maintain your weight management goals. Its comprehensive approach to weight management uses an education program directed at lifestyle change in an atmosphere of group support. The Weight Watchers program is built on sound scientific principles in the area of nutrition, behavior and exercise, and is designed to achieve the recommendations of major health organizations throughout North America.

There are three Weight Watchers options for you to choose from:

### Traditional Group Meetings

Regular attendance at weekly meetings provides group support – an effective solution because research shows that people who lose weight with group support have greater success than those who go it alone. All Weight Watchers leaders are role models because they have learned how to lose weight on the Weight Watchers program. A registration fee and a weekly fee are paid at the first meeting attended. CIGNA members receive free registration.

### Online

Weight Watchers Online is an Internet subscription product designed for those who cannot attend meetings. It offers 24-hour access to weight-loss tools, information and resources such as an online journal, meal plans, more than 800 recipes, a weight tracker, progress charts and much more.

### At Home

Weight Watchers At Home is a convenient weight-loss system that delivers all of the materials found in Weight Watchers meetings to your home. The 12-week program features 26 weeks of ongoing telephone support, a “POINTS” calculator, the popular “Complete Food” and “Dining Out” companions, a variety pack of snack bars, a copy of Weight Watchers Magazine, a 30-day money-back guarantee and a durable nylon organizer.

For more information on Weight Watchers, visit [www.myCIGNA.com](http://www.myCIGNA.com).

©2002 Weight Watchers International, Inc. All rights reserved.

WEIGHT WATCHERS and POINTS are the registered trademarks of Weight Watchers International, Inc.

*Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.*

“CIGNA HealthCare” 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.

