

It's *NOT* just another diet...

It's Weight Loss that *LASTS!*



Hey men, if you're interested in losing weight and keeping it off once and for all, *MC Health Advantage* would like to help!

## What is Weight Watchers for Men?

Weight Watchers recognizes that men approach weight loss differently. With Weight Watchers Online for Men you'll get the benefit of 40 years experience and tools that are customized just for guys. Articles such as a "Pizza Cheat Sheet" and advice on how to enjoy healthy foods while watching sports keep men interested and staying on track. Men are taught how consumption of healthy oils, lean proteins and fats, fruits and vegetables can help increase fullness and result in weight loss.

Additionally, Weight Watchers for Men:

- Teaches men about healthy eating - not starving or using dangerous supplements.
- Shows men how to use exercise for weight loss through online videos in which experts teach men how to safely workout at their current physical fitness levels.
- Motivates men by showing them how to work out with their kids and advice is given from other dads.
- Teaches men how to take control of their eating choices when traveling on business or cooking dinner for the family.
- Men can also attend Weight Watchers weekly meetings should they decide to become a Meetings Member.

## What you need to do...

1. Sign up online at <http://www.weightwatchers.com/men/>
2. Purchase the 3-Month Savings Plan:
  - \$56.85 for the first 3 months
  - \$18.95 for each additional month
3. Submit your receipt along with the attached registration form to MC Health Advantage and we'll reimburse you for your first 3 months!  
**That a total of \$56.85 given back to you!!**
4. Follow the program and enjoy the benefits of living a healthier and lighter life!



This program is open to all **male** Missoula County Health Plan Participants (employees, spouses, dependents 18+ years old, and retirees) who need to lose 10 pounds or more to reach a healthy goal weight.

Please return this form AND your first receipt of payment to the *MC Health Advantage* box located in the County Courthouse mailroom. All reimbursements are subject to approval by *MC Health Advantage* Coordinators.

Name:

Department:

Phone:

Current weight:

Goal weight:

My membership with Weight Watchers for Men begin on (date):

I certify that the information on this form and all supporting documents are complete, accurate, and unaltered.

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Participant Signature

Date



Please contact Jennifer Elliott with any questions concerning this program or the reimbursement: [jennifere@itstartswithme.com](mailto:jennifere@itstartswithme.com) or 541-2036.