



Weight Management Benefit

Maintaining a healthy weight can be difficult and overwhelming. Your new ODS weight management benefit offers a range of resources and programs to help you stay on track.

GET THE SUPPORT YOU NEED TO REACH YOUR WEIGHT LOSS GOALS

We know maintaining and losing weight is an ongoing struggle and we are here to help. Your new weight management benefit includes four areas of focus:

SCREENING AND ASSESSMENT

As part of your routine annual exam by your provider, you can receive a screening and assessment of your weight. Your provider will assess your body mass index (BMI) and your waist circumference.

Following your assessment, if your healthcare provider feels your weight poses a health risk, he or she will work with you and refer you to other resources to help you effectively manage your weight.

EDUCATIONAL RESOURCES

ODS provides all the resources you need to educate yourself about good habits for maintaining a healthy weight, including information on diet and nutrition, exercise and lifestyle changes. myODS, your personalized health website offers online health maintenance tools, including the 12-week WorldDoc Healthy Living Program to help you change habits



WEIGHT WATCHERS® PROGRAM

Weight Watchers Local meetings

You can attend traditional Weight Watchers meetings in your community at the time and location that is most convenient for you. Under this option you will receive vouchers for a 13 week session. Your vouchers will be mailed directly to your home.

Weight Watchers At Work meetings

At Work meetings bring the Weight Watchers experience right to your workplace where a trained leader facilitates weekly meetings. You may attend a 13-week At Work series.

Weight Watchers Online Subscription

You can participate in Weight Watchers online with interactive tools and resources. It is available in two versions, one specifically designed for men and the other for women. This option includes a 3-month online subscription.

Please see next page for eligibility requirements.

over >

www.odskompanies.com/oebb



to meet weight loss goals. You can register for a myODS account or log on to your myODS account by visiting www.odskompanies.com/oebb.

WEIGHT WATCHERS

OEBB subscribers* are eligible for four 13-week Weight Watchers sessions per calendar year paid at 100 percent (no cost to the subscriber).** Beginning October 1, 2011 the Weight Watchers benefit will be expanded to include coverage for dependents ages 10 and over. Members must still complete 10 out of 13 sessions in a series to be eligible for full coverage for the next series. Call Weight Watchers for full program details at **866-531-8170**.

ODS WEIGHT CARE PROGRAM

You are eligible for one-on one health coaching. You will work over the phone with a health coach to set weight loss goals and find ways to meet them. Your coach will help you find a diet and exercise program that meets your individual lifestyle. You'll also get support addressing food triggers and changing habits that do not support your weight loss goals.

FIND HELPFUL INFORMATION ONLINE WITH MYODS

Visit myODS at www.odskompanies.com/oebb or for more information on ODS resources for weight loss, please call **503-243-3957** or **800-913-4957**.

** If you opt out of medical coverage, you are not eligible for the no-cost participation. Call Weight Watchers at 866-531-8170 for rates and program information for you and your dependents.*

*** To be eligible for subsequent sessions you must attend 10 of 13 classes in a 13 week session. If you do not meet this participation requirement, you must pay 100% of the cost for the next session. If you complete that session and meet the 10 of 13 class requirement, you can then sign up for the next session at the 100% covered rate.*

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