



Frequently Asked Questions



Earning Vitality Points

Can I earn Vitality Points for attending Weight Watchers meetings?

Yes. You can earn 35 Vitality Points™ when you attend Weight Watchers At Work or Community (Local) meetings. Once you enroll in Weight Watchers through Vitality, navigate to the Weight Watchers page and simply log your attendance to earn points. On the **My Profile** tab, select **My Points Statement** to see your points add up in the Healthy Living category.

Can I earn Vitality Points for participating in Weight Watchers Online?

No. Online participation does not earn points.

I have questions about My Points Statement, who should I contact?

Contact Vitality when you have questions about your My Points Statement.

Eligibility

Am I eligible to participate in Weight Watchers through McKesson?

You are qualified to participate as long as you are an employee eligible for a McKesson medical plan (you do not need to be enrolled) or are a spouse/domestic partner covered under a McKesson medical plan. Employee participation is not required for covered spouses/domestic partners to participate in Weight Watchers.

What are minimum requirements for McKesson-paid fees?

To enjoy McKesson-paid Weight Watchers fees, you must:

- Be a McKesson employee eligible for a McKesson medical plan (you don't need to be enrolled) or are a spouse/domestic partner covered under a McKesson medical plan.
- Attend at least 10 meetings (one meeting per week) over 12 weeks.
- Report your attendance to Vitality at least once every four weeks.

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Participation

How often do I need to attend Weight Watchers meetings?

You need to attend at least 10 Weight Watchers meetings over 12 weeks — no more than one meeting per week. This requirement is measured from the date you register through Vitality's website. Keep in mind that most At Work meetings occur only once a week, and you can't attend several meetings within the same week to make up missed classes. However, if you miss an At Work meeting, you can attend any Community (Local) meeting using your monthly pass to meet the attendance requirement for that week. If you don't meet this requirement, the Weight Watchers fee of \$42.95 per month (plus tax in Connecticut) will be charged to your credit card until you cancel your membership by calling Weight Watchers at 866.204.2885. You will not be reimbursed retroactively.

I attend meetings every week. How frequently do I need to enter my attendance on the Vitality website?

It's best to enter your attendance on Vitality after each meeting. You must report your participation at least once every four weeks to remain eligible for McKesson-paid fees.

How do I report my attendance to Vitality?

Report your attendance on Vitality's website by:

- Going to the **Get Healthy** tab, selecting **Nutrition & Healthy Eating** — then clicking **Learn More** under **Weight Watchers**.
- Entering your visit date, weight at time of visit, and what type of visit it was (At Work/Community Meeting or Online) in the fields on the right side of the webpage. You will earn 35 Vitality Points for each meeting you attend (points are not available for Online participation).
- Clicking **Save**.

What happens if I don't report my attendance to Vitality?

If you don't report your attendance to Vitality at least once every four weeks, the Weight Watchers fee of \$42.95 per month (plus tax in Connecticut) will be charged to your credit card. In addition, your fees will not be paid by McKesson for future months until you report your attendance on the Vitality website. You will not be reimbursed retroactively.

How does the Monthly Pass work?

The Weight Watchers Monthly Pass allows you the flexibility to attend unlimited At Work or Community (Local) meetings and free access to eTools. (Alternatively, you can enroll in Weight Watchers Online by selecting **Sign Up** under **Weight Watchers Online** during registration. The same participation and reporting requirements apply.)

I registered for Weight Watchers through Vitality. When can I expect to receive my Monthly Pass?

Following your registration, a Monthly Pass card will be mailed to your home each month as long as your account remains active. Take your card to each meeting you attend.

If you plan to attend a meeting before you receive your card, print a temporary one from the Weight Watchers website (click **My Profile** and select **Monthly Pass Temporary Card** in the **My Account** box).

Do I need to bring my Monthly Pass card to the meetings?

Yes. Take your card to each meeting you attend — this allows the meeting leader to update your attendance record. You still need to report your attendance on the Vitality website.

What should I do if I lose my Monthly Pass card?

You can print a temporary Monthly Pass card from the Weight Watchers website (click **My Profile** and select **Monthly Pass Temporary Card** in the **My Account** box). A new card will be mailed to your home each month as long as your account remains active.

The Weight Watchers Monthly Pass is not available in my area. Can I still participate through McKesson?

Yes, you can still participate, and McKesson will reimburse you for the program cost. Please contact your local Weight Watchers for program information and pricing. Please note that due to Weight Watchers franchise agreements, McKesson is unable to cover the upfront cost for some At Work and Community meetings, including those in Lewiston, ME, Clinton Township, MI, and Scottsdale, AZ.

How do I request reimbursement from McKesson?

If the Monthly Pass is not available in your area, you can obtain a copy of the Weight Watchers Reimbursement Form from your local McKesson Weight Watchers contact. Follow submission instructions on the form to be reimbursed.

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Membership

Is my credit card information required for enrollment even if McKesson is paying my fees?

Yes. You are required to provide credit card information, but will not be charged a fee as long as you meet the eligibility and minimum participation and reporting requirements for McKesson-paid fees. Keep in mind that if you don't meet the minimum participation requirements, your credit card will be charged. Refunds are not available.

Why do I see Weight Watchers on my paycheck if the program is free?

The fees McKesson pays to Weight Watchers on your behalf are considered taxable income, and to offset these taxes, McKesson provides you with additional income. You will see this as a separate line item on your paycheck stub each year. (You will receive additional income to offset taxes for your spouse/domestic partner's participation.) Your net pay will not be affected.

Will my membership automatically renew each month?

Yes. Your membership will automatically renew each month unless you cancel. Keep in mind that if you fail to attend 10 meetings over 12 weeks or report your attendance to Vitality, your credit card will be charged for the corresponding period. Refunds are not available.

How do I cancel my Weight Watchers membership?

Your membership will automatically renew each month unless you cancel by calling Weight Watchers at 866.204.2885.

What happens to my Weight Watchers membership if I begin participating in Weight Watchers through McKesson, and then accept employment at another company?

If you are no longer employed by McKesson (or no longer eligible for McKesson benefits) or if your spouse/domestic partner is no longer covered by your McKesson medical plan, you will be charged the standard monthly rate for a Monthly Pass (currently \$42.95 plus tax in CT) until you cancel your membership by calling Weight Watchers at 866.204.2885.



Vitality

877.224.7117

8 a.m. - 5 p.m. Central time, M-F

Email: wellness@powerofvitality.com

www.powerofvitality.com

Your source for Vitality Points and participation rewards.

Weight Watchers

866.204.2885

Email: wellnesshelp@weightwatchers.com

www.weightwatchers.com

Your contact for temporary Monthly Pass cards, program information and membership cancellation.

HR Support Center

855.GO.MCKHR (855.466.2547)

Your source for benefits information.

Press 1 for Health, Vitality and Pension questions. Press 3 for a payroll representative.

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