

At Home kit – Corporate Edition*



The **At Home kit**–Corporate Edition gives you information and resources by mail to follow our plan step-by-step at home. The 26-week kit includes weight-loss tools and bonus products† that are conveniently delivered to your home, along with access to a Toll-free Helpline with weekly progress reporting.

With the 26-week kit you'll receive an easy-to-follow Guidebook that explains how the kit works, as well as booklets, recipe cards, and other resources to help make your weight-loss efforts successful. Bonus products include:

- **Complete Food and Dining Out Companion guides:** **POINTS**® values for thousands of name-brand grocery items and popular fast-food and restaurant menu items, plus listings for generic and ethnic foods.
- **Pedometer:** Track the number of steps you take, distance you've walked, and the time it takes.
- **Get Moving Mix Exercise DVD:** A combination of our light, moderate, and high intensity workouts.
- **Three Month Journal:** Convenient, spiral-bound books for tracking your food intake.
- **Materials Organizer:** This compact, attractive portfolio is designed to keep your At Home kit tools in one place.
- **Meals 101:** 50 speedy recipes for breakfast, lunch, and dinner to make getting started easy.
- **Weight Watchers Magazine:** A one-year subscription to our popular bi-monthly publication.
- **Weight Watchers Program Cookbook:** Enjoy our newest cookbook with 125 quick recipes with low **POINTS** values.
- **Weight Watchers 32 oz. Water Mug:** Makes drinking and tracking your water easy.
- **Workplace Strategies: Healthy Tips for Healthy Living:** A folder full of articles and quick tips to help you stay on track – even during the busiest workdays.
- **Weight Watchers Precision Personal Scale:** A sleek and compact scale to help you track your progress.

For more information about Weight Watchers®, or to add Weight Watchers to your benefits plan, **contact your HR Department.**