



Total  
Rewards



# Frequently asked questions

[What is Weight Watchers®/WW?](#)

[Why is General Mills partnering with WW?](#)

[If I register for WW, will my membership and weight information be kept confidential?](#)

[What are the WW offerings through General Mills?](#)

[Who can take advantage of the WW offerings through General Mills?](#)

[What is the cost of the WW offerings through General Mills?](#)

[How do I register for the WW offerings through General Mills?](#)

[How do I take advantage of the wellness points through My Wellbeing for my WW participation?](#)

[How do I cancel my WW membership?](#)

## What is Weight Watchers®/WW?

WW is Weight Watchers reimagined.

Our purpose is to inspire healthy habits for real life. For people, families, communities, the world, for everyone. We will always have the best weight-loss program on the planet, and now we're putting our decades of experience in behavior change to work for an even greater mission. We are becoming the world's partner in wellness. No matter what your goal is—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—we will bring you science-based solutions that fit into your life.

As a reflection of our new mission, we are moving from Weight Watchers to WW—a mark that's rooted in the familiar but reimagined to welcome everyone who seeks to be healthier, not just manage their weight.

## Why is General Mills partnering with WW?

General Mills has teamed up with WW to bring you a program that gives you real-life solutions to get healthier, all at a special price.

## If I register for WW, will my membership and weight information be kept confidential?

Yes, it will. Although General Mills will receive information about the total membership's weight loss, it will not receive any individual or personally identifiable information.

## What are the WW offerings through General Mills?

Two WW offerings are available to you. You can choose the plan that fits your lifestyle.

**Offering 1: Digital** (previously referred to as *OnlinePlus*)

**Offering 2: Digital + Workshops** (previously referred to as *Meetings + OnlinePlus*)

## Who can take advantage of the WW offerings through General Mills?

Benefits eligible employees and spouse/domestic partners enrolled in General Mills medical plan who have enrolled in the My Wellbeing Program that have a BMI of 25 or greater and/or the waist circumference for males greater than 40 and less than or equal to 80, for females greater than 35 and less than or equal to 80 are eligible to participate in the General Mills My Wellbeing WW program.

If you are current WW member through General Mills and no longer meet the BMI or waist circumference requirement after completing your 2019 biometric exam you will no longer be eligible for the WW special pricing through General Mills.

If you are a current WW member through General Mills and do not complete your 2019 biometric exam you will no longer be eligible for the special pricing until you complete the biometrics in 2019 and meet the above requirements.

Workshops (which used to be called meetings) are not available in some areas in the U.S. General Mills Workshop pricing is not available the following areas:

- Philadelphia
- Eastern Pennsylvania
- East Michigan
- Las Vegas
- Puerto Rico
- Nashville
- Oneida County, NY
- Arizona
- Central Michigan
- Maine
- North Michigan
- South Carolina
- Southern Alabama
- Arkansas
- Utah
- El Paso, TX
- Mississippi
- Idaho
- SW Oregon
- Saginaw, MI

To find out if the county you reside in is a non-participating area, please visit:

<http://wwfranchisecountylist.com>.

To become a WW member, you must:

- Be at least 18 years old.
- Not be pregnant.
- Not have an active medical diagnosis of bulimia nervosa or anorexia nervosa.

## What is the cost of the WW offerings through General Mills?

**Offering 1: Digital** (previously referred to as *OnlinePlus*): \$8.48 per month

**Offering 2: Digital + Workshops** (previously referred to as Meetings + *OnlinePlus*): \$19.11 per month

State taxes will be added where applicable.

You will be charged the listed prices each month until you cancel your membership or if you are no longer eligible for the company subsidy.

## How do I register for the WW offerings through General Mills?

You can purchase either of these offerings at <https://wellness.weightwatchers.com> with Employer ID: 13566951 to receive a special price and subsidy. For assistance, call 866-204-2885 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET). If you have any questions you may also email [wellnesshelp@weightwatchers.com](mailto:wellnesshelp@weightwatchers.com).

If you are a current WW member, you can still take advantage of the discounted pricing and subsidy. Please call WW at 1-866-237-6032 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET) for assistance with getting your membership switched to the General Mills special pricing.

## How do I take advantage of the wellness points through My Wellbeing for my WW participation?

Attend WW Workshop and/or track your food and/or activity through the mobile app or on your desktop at least four times within a three months period to receive 1,000 points.

## How do I cancel my WW membership?

Our cancellation process is hassle-free. You can easily cancel your Digital or Digital + Workshops (previously known as Meetings + *OnlinePlus*) membership on our website. Simply log in to your account, go to "Settings," and then go to "Account" to view your cancellation options. If you would like assistance with cancelling your account, you can call 866-204-2885.

If you have already been billed for your next month, call 866-204-2885 to receive a full refund for the upcoming month. Please note that you will not receive a refund for the month in which you cancel, except as provided in the Cancellation Policy.