

April 30, 2012

NEW! Weight Management Programs

According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults—that's 72 million people—are overweight. Being overweight can lead to heart disease, certain types of cancers, and sleeping and breathing problems—among other conditions.

Maintaining a healthy weight not only may lower your risk for developing these problems, but it helps you feel good about yourself, look better, and gives you more energy. Making healthy food choices and exercise are important to maintaining a healthy weight.

As part of American Greetings commitment to improving the health of our associates, **effective May 1, we are offering reimbursement for the following weight loss/management programs** for benefits-eligible associates, spouses and dependents over the age of 18:

- Weight Watchers (at work and local meetings)
- Acupuncture

Weight Watchers

Weight Watchers has helped millions of people lose weight and keep it off the right way. It is not a diet program; rather, it teaches you to change your eating habits and lose weight gradually.

Join Weight Watchers at your work location or through local meetings and receive up to \$150 reimbursement per person per 12-month period. [Click here](#) for more details on Weight Watchers reimbursement, including the downloadable form.

Acupuncture

In recent years, acupuncture has shown effectiveness as a weight loss strategy. American Greetings will now reimburse for acupuncture treatments used for weight loss. The reimbursable amount is up to \$500 per person, lifetime maximum. [Click here](#) (PDF) for the downloadable reimbursement form.

Visit [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at livewell@amgreetings.com.



How do you tell if your weight is in the healthy range?

Check out the CDC's [Body Mass Index \(BMI\)](#), which is based on height and weight.

**American Greetings
will be hosting
its own version of
The Biggest Loser!**

Competition begins July 1.