

March 29, 2012



## **NEW! Weight Watchers reimbursement available to associates**

As part of our commitment to helping associates and their families Live Well, effective May 1, American Greetings will begin offering a Weight Watchers reimbursement of up to \$150 per 12-month period.

Weight Watchers helps individuals get on track to achieving a healthy weight and a healthier lifestyle by losing weight gradually, then maintaining it. It's *not* about dieting—it's about changing your eating habits. The program has helped millions of people lose weight and keep it off—and many of its success stories include our own associates.

**Michelle Flanik**, Director, Human Resources, is a Weight Watchers lifetime member. She has found Weight Watchers to be an ideal program for her.

"If you want a healthy, sustainable way to lose weight and feel great, I recommend Weight Watchers. I still eat anything I want—I just make decisions and trade-offs throughout the day to manage the number of points I'm allotted. Along with exercise, Weight Watchers offers everything I need and want in a healthy weight loss—and now, weight management—approach," she says.

Benefits-eligible associates and their spouses and dependents over 18 years who participate in Weight Watchers either at work ([Click here for information on the next session at world headquarters](#).) or local meetings can receive the reimbursement. (Reimbursement is not available for the online program.) They must complete three monthly sessions (attending 11 out of the 12 meetings) after Jan. 1, 2012, to receive \$50 towards their enrollment fees—with a maximum of \$150 reimbursed per person per 12-month period.

Downloadable reimbursement forms will be available on [AGBenefits](#) on May 1.

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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](mailto:livewell@amgreetings.com).