



## A free benefit from Reta. A happier, healthier life starts here.

The **Reta Trust** is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all the above by **covering 100% of the cost** for the **WW (Weight Watchers® Reimagined)** offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, **WellnessWins™**.

**WW welcomes everyone who seeks to be healthier, not just those who seek to manage their weight.**

Choose the offering that's right for you. Offerings include the following features:	Digital	Digital + Workshops
<b>Easy-to-use app and website</b> Track your food, activity, and weight any time with our Digital tools.	✓	✓
<b>Endless food options</b> With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	✓	✓
<b>Total support in real time</b> Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	✓	✓
<b>Connect with our online community</b> , day or night, for inspiration and motivation.	✓	✓
<b>Inspiration and connection</b> Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		✓
Monthly Value	\$19.95	\$44.95
<b>Your price per month</b>	<b>\$0.00*</b>	<b>\$0.00**</b>

### Join WW today!

Visit [ww.com/us/wwhs](http://ww.com/us/wwhs) and enter Employer ID: 14573524

**Members and spouses enrolled in a Reta medical plan are eligible to join WW at no cost. Digital + Workshop membership plans are available in participating areas only.**

#### When signing up:

**Employees:** Use Employee ID (last six digits of SSN + birthdate in MMDDYYYY format + first initial of first name).

**Spouses:** Use the last six digits of spouse's SSN followed by spouse's birthdate and first initial of spouse's first name.

#### For the following groups, to sign up for a Digital + Workshop membership plan, please contact:

**Diocese of El Paso:** Email [vsalas@elpasodiocese.org](mailto:vsalas@elpasodiocese.org) or call 915-872-8421

**Catholic Charities of Maine:** Email [hrdepartment@ccmaine.org](mailto:hrdepartment@ccmaine.org)

**Roman Catholic Bishop of Portland, Maine:** Email [Nancy.lombardi@portlanddiocese.org](mailto:Nancy.lombardi@portlanddiocese.org) or call 207-773-6471 x 7827

**Diocese of Boise:** Email [msmith@rcdb.org](mailto:msmith@rcdb.org) or call 208-350-7513

**Questions?** Call 1-866-204-2885 (Monday-Friday 5:00 a.m.-7:00 p.m. PT; Saturday 8:00 a.m.-2:00 p.m. PT.)

\*Digital membership plan: Reta Trust pays for your Digital offering monthly until you cancel or until your medical plan with Reta Trust terminates.

\*\*Digital + Workshops membership plan: Reta Trust pays for your Digital + Workshop offering monthly until you cancel or until your medical plan with Reta Trust terminates. Available in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

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