



You
 choose healthier recipes.
 Drop a belt size.
 Reduce your cholesterol.
Even better.



We partner with Weight Watchers to offer you weight-loss solutions. **Enjoy the benefits of McKesson-paid fees* and earning Vitality Points** while you take steps to reach your weight management goals.

The McKesson-paid Monthly Pass allows you to choose the service that works best for you

At Work Meetings**

Benefit from the proven advantage of group support with coworkers. Earn 35 Vitality Points for each meeting you attend.

Community (Local) Meetings

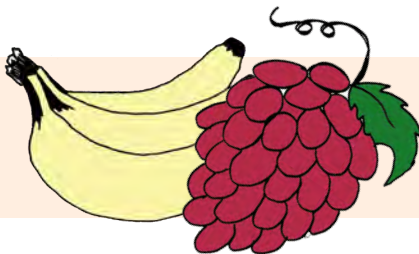
Enjoy the flexibility of attending meetings in your local area — when and where it suits you best. Earn 35 Vitality Points for each meeting you attend.

Weight Watchers Online

Stay connected with this Weight Watchers plan — anywhere, anytime. Follow your plan at home, at the office or via a mobile device. Online participation does not earn Vitality Points.



Learn more by logging on to the *You. Even better. Healthcare Hub* at www.mckesson.com/youevenbetter and clicking the *Vitality* link. On the *Vitality* website, select **Nutrition & Healthy Eating** under **Get Healthy**. Then click **Learn More** under **Weight Watchers**.



Ready to get started? Follow the registration instructions on the next page. (If you need assistance, call 866.204.2885.) You'll continue to be eligible for McKesson payment of fees if you attend at least 10 meetings each calendar quarter and report your activity on the *Vitality* website at least every four weeks.

Sweetening the deal

Your spouse/domestic partner is also eligible if he/she is covered under your McKesson medical plan.

* The fees McKesson pays to Weight Watchers on your behalf are considered taxable income; however, McKesson provides you with additional income to offset these taxes. Although you will see this as a separate line item on your paycheck stub each quarter, your net pay will not be affected. Due to Weight Watcher franchise agreements, McKesson is unable to cover the upfront cost for some community meetings, including those in Lewiston, ME, Clinton Township, MI, and Scottsdale, AZ. Please contact Weight Watchers at 866.204.2885 for more information.

** Available only in participating areas in the U.S. Minimum enrollment required.

Weight Watchers

866.204.2885

7 a.m. - 9 p.m. Central time, Monday - Friday
(8 a.m. - 5 p.m. Saturday and Sunday)

Vitality

877.224.7117

8 a.m. - 5 p.m. Central time, Monday - Friday
Email: wellness@powerofvitality.com

1 Log on to the You. Even better. Healthcare Hub at www.mckesson.com/youevenbetter and click the Vitality link. (Spouse/domestic partners should go directly to the Vitality website at www.powerofvitality.com. Registration is required for first time visitors — use the name, birth date and email address of the spouse/domestic partner and the last four digits of the employee's Social Security number.)

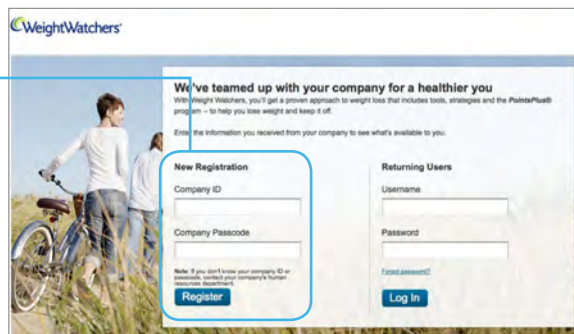
2 Select **Nutrition & Healthy Eating** under **Get Healthy** on the Vitality website. Then click **Learn More** under **Weight Watchers**.



3 Review the terms and conditions of McKesson's Weight Watchers program and select **Enroll now!** Then, click **I accept the terms and conditions** in the pop up box.

4 On the Weight Watchers home page, begin your **New Registration** by entering our Company ID and Passcode:

- Company ID: **60428**
- Company Passcode: **WW60428**



5 Follow the prompts to personalize your account and let Weight Watchers know if you will be using your Monthly Pass to attend meetings or participate online.



Our Monthly Pass gives you the option to attend any At Work or Community meeting. Although you'll be asked to select a meeting location, your selection will not restrict this flexibility. For example, if there are meetings at your worksite and they do not appear on the webpage, simply select any location listed — this will not prevent you from attending the At Work meetings.

Tips

- When asked to enter a user name and password, these are your personal choices — they are not McKesson specific.
- When asked to enter a company address, enter your work location address. If you work from home, enter your home address in this field.

