

To All State Employees

The **Weight Watchers at Work Program** is available to all state employees at a discount rate. If you are insured with the State Employees' Insurance Board you are eligible for 15 weeks of Weight Watchers for half price. For more information please [click here](#).

The Alabama Department of Public Health, Worksite Wellness Division also offers free health screenings and quarterly blood pressure checks to help you detect possible health issues. If you think your worksite would be interested in a free health screening, please feel free to contact us. For local contact information in your county, [click here](#).

Weight Watchers At Work website:

<http://www.adph.org/worksitewellness/Default.asp?id=916>

Worksite Wellness Division website:

<http://www.adph.org/worksitewellness/Default.asp?id=913>