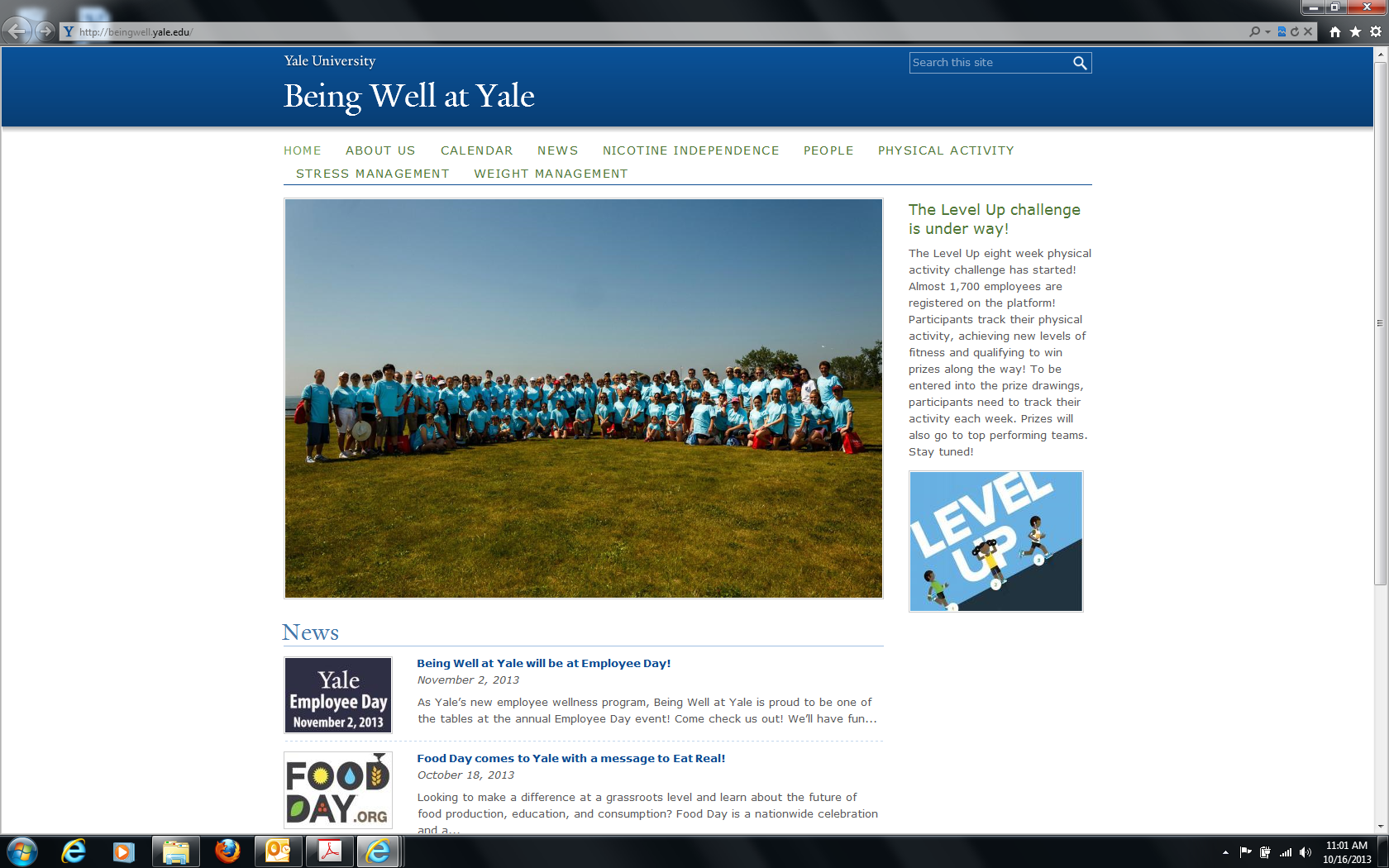
1. Go to [www.beingwell.yale.edu](http://www.beingwell.yale.edu)
2. From the home page, click on the Weight Management page.



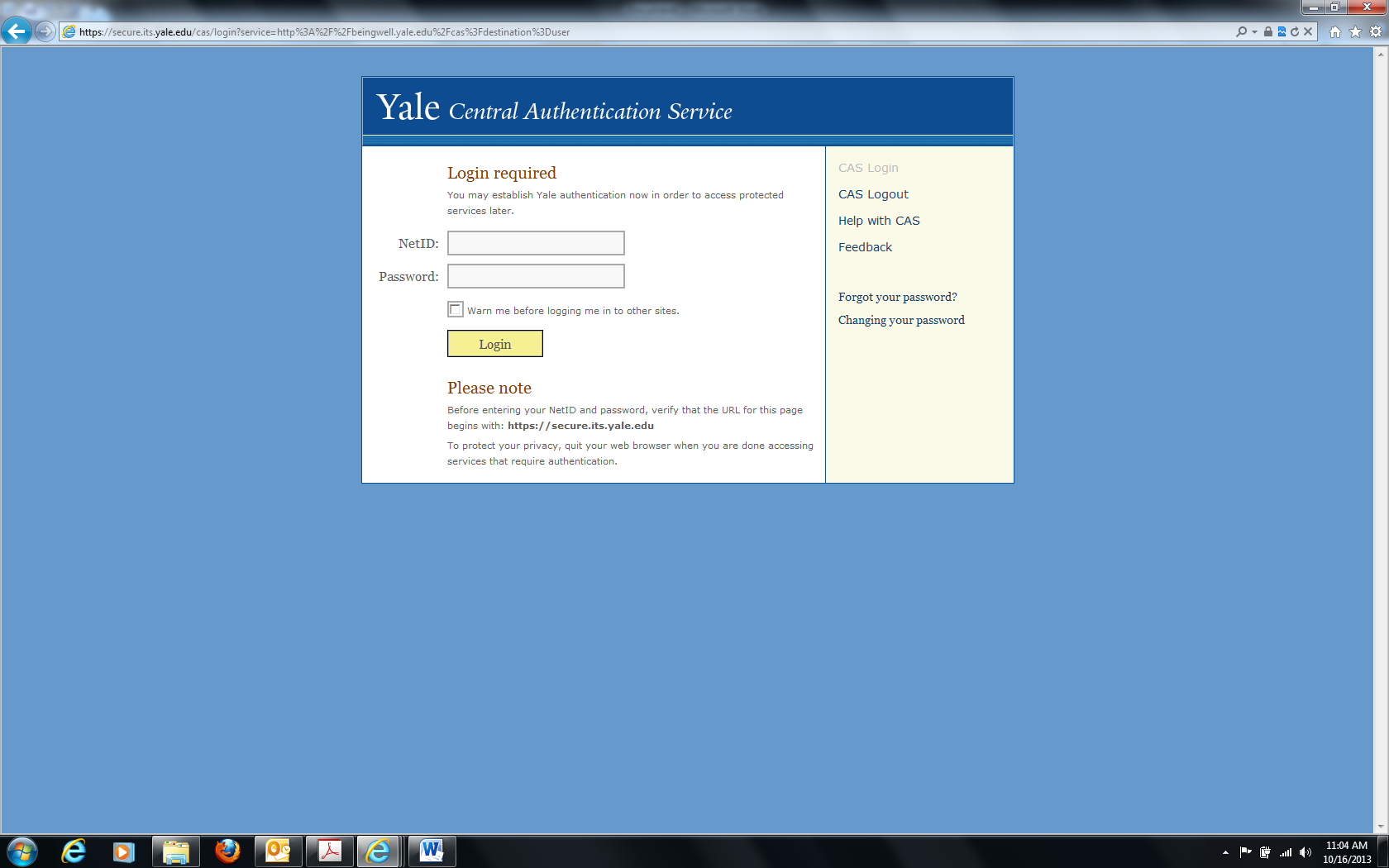
1. Then click on the first bullet, Weight Watchers ® at Work.



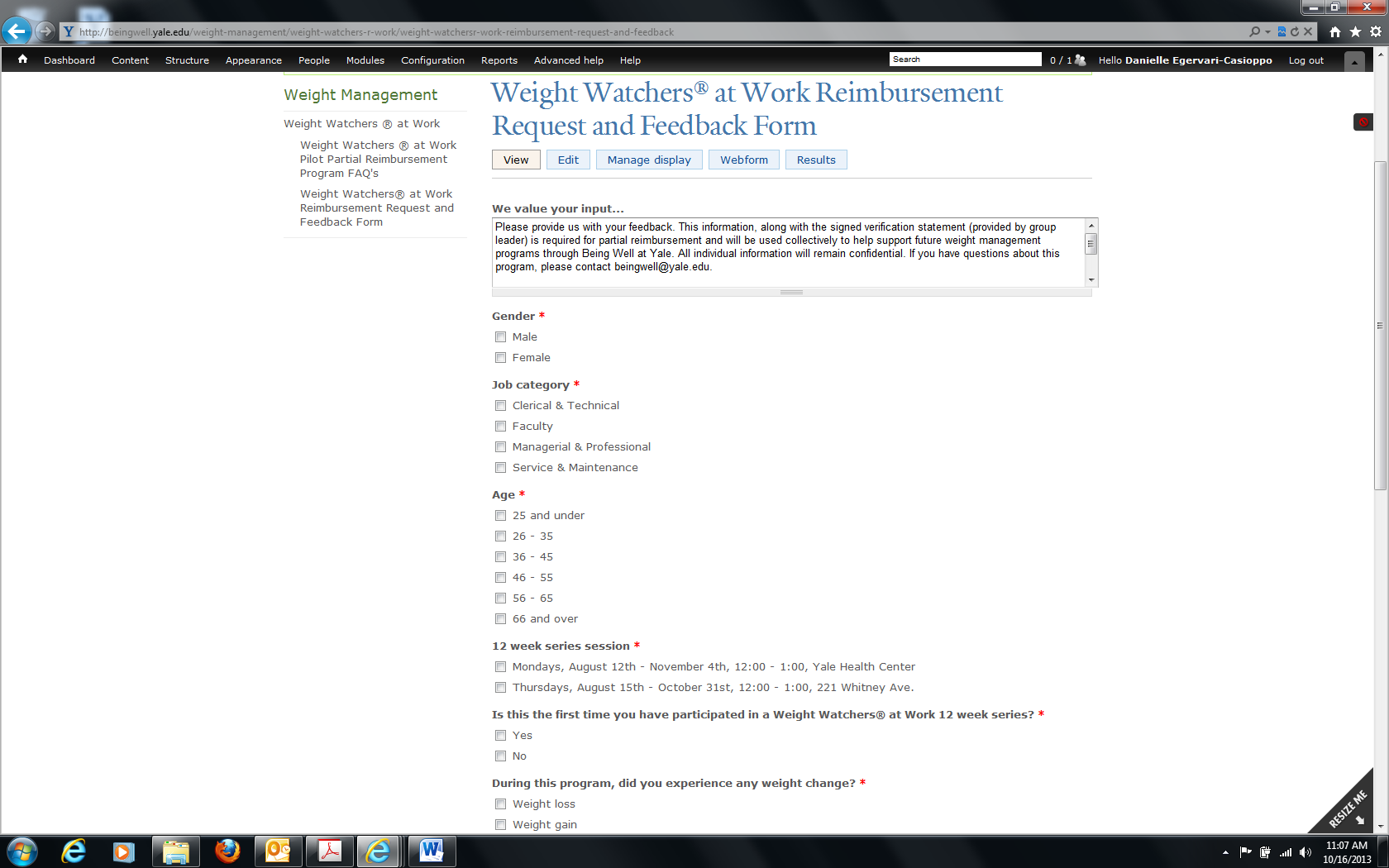
1. You can access the form by clicking the Weight Watchers ® button on the right.



1. You will then be redirected to **Log In** to **CAS** using your net id and password.



1. Complete the form.



1. Click the submit button once finished.

