

Health Eating

Company	Locations	Services	Corporate Discounts	Average Cost	Total Savings	Enrollment Details	Pick-up Points
Dinner By Design™	http://dinnerbydesignkitchen.com/dinner.aspx?f=findlocs&sf=il	<input checked="" type="checkbox"/> Meal Program	Free deliveries to work site off at the store location 5%	\$20 - \$23 per meal (Each meal serves 4 people.)	\$7-\$30 per week	www.dinnerbydesignkitchen.com	Support Centers 52-4761 Lutheran General Hospital 847-723-6139
Jenny Craig®	http://www.jennycraig.com/	<input checked="" type="checkbox"/> Weight Loss Counseling <input checked="" type="checkbox"/> Meal Program	Free 30 Day Program 25% off 6-Month Corporate Program 20% off 1 Year Jenny Rewards Program	\$12-\$18 per day for food \$199 for 6-Month Corporate Program \$449 for 1-Year Jenny Rewards Program	\$50 - \$100	http://www2.jennycraig.com/CorporateChannel/advocate.aspx	
NutriSystems®	www.nutrisystem.com/health	<input checked="" type="checkbox"/> Meal Program	\$30 off Program	\$10 per day	\$30	Toll Free Number - 877-970-0631 Promotional Code - advocate08 www.nutrisystem.com/health	
Seattle Sutton®	www.seattlesutton.com	<input checked="" type="checkbox"/> Meal Program	\$100 refund for 25 weeks of consecutive orders \$100 refund for 100 pounds lost Arrange on-site delivery with 5 or more orders	\$17-\$19 per day	\$100	www.seattlesutton.com Promotional Code - AHC2 Contact your local Seattle Sutton.	Good Samaritan Hospital For more details call (708) 352-6419
TOPS®	http://www.tops.org/misapps/ChapterLocator/Chapter_Locator.asp	<input checked="" type="checkbox"/> Weight Loss Counseling		\$24 for 52 weeks		www.tops.org	
Weight Watchers®	See enrollment details for Advocate locations.	<input checked="" type="checkbox"/> On-site Weight Loss Counseling	Offers may vary based on location.	Offers may vary based on location.		Christ Medical Center Alcatel 41-4284 Oak Brook Support Center Alcatel 52-4761 Touhy Support Center Alcatel 53-3599	

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Updated 7-22-08

