

Meet the WeightWatchers® Diabetes Program

Proven to help you lose weight, lower blood sugar, and enjoy life. ^



Join now at [WW.com/fcc](https://www.weightwatchers.com/fcc)



Eat healthier, without the guesswork

Your WeightWatchers customized nutrition plan is built for you, including a list of **ZeroPoint®** foods that takes your preferences *and* diabetes into account. These nutrient-rich foods are less likely to impact blood sugar levels, so you can enjoy them without measuring or tracking.

Everything's on the menu

No foods are off limits. But the program helps you build new food habits by guiding you away from added sugar and toward options with plenty of fiber, protein, and healthy fats

Nutrition, simplified

Living with diabetes can feel like non-stop number crunching. WeightWatchers makes it easier by simplifying complex nutrition info into a **single, easy-to-understand number—a food's Points value.**

24/7 support

WW's exclusive social network, Connect, means **you never have to go it alone.** Join the Living with Diabetes group to share tips and recipes, celebrate milestones, and meet other members interested in a similar journey.

The WW app + your CGM

The WW app includes blood-sugar, food, and exercise tracking; tips for what to eat anytime; and tools to track your progress. **You can even sync the WW app with select CGMs.**

Boost your health—and stress less

For 6 months, WW members living with diabetes followed the Diabetes Program. Here are their results: ^

5.7%

average weight loss

.75

reduction in A1c

9.8%

drop in diabetes-related stress

We're here for you, too.

Want to lose weight and build healthy habits? Living with diabetes? Taking weight-management medication? WeightWatchers offers products and programs designed for your unique needs.

Already a WeightWatchers member? Call 866-204-2885 for questions or to sync your current account.

*Get 75% off with plan purchase through your organization. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

^Based on a 6-month multicenter trial demonstrating significant reductions in weight, blood sugar, and diabetes-related distress. Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023. Funded by WW International, Inc.

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