



WW for Diabetes*

This offer combines the science-backed WW program with confidential, unlimited, one-to-one email and phone support from a Certified Diabetes Educator (CDE).**

What's included as a member:

- Unlimited access to the award-winning WW app and WW's live Virtual Workshops
- A personalized food plan tailored to meet your needs and goals
- Materials and guidance to address weight loss & maintain healthy blood sugar levels.
- Weekly CDE emails to tailor Workshop topics to members with Type 2 Diabetes.

A moderate weight loss of **5%**, even for people who are significantly overweight, can have a positive impact on blood sugar.¹

Start your health and weight loss journey today!

To learn more or to sign up for WW, visit [WW.com/wellness](https://www.weightwatchers.com/wellness) and enter Fairfax County Government access ID: 61765

Questions? Call WW at 866-204-2885.

* WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

**The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

1 Klein S, Sheard EL, Pi-Sunyer X, et al. Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies. Diabetes Care. 2004;27:2076-2073.

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