



weightwatchers  
reimagined



# WW for Diabetes\*

## (Weight Watchers® Reimagined)

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

### What's included as a member:

- Personalized food plan and unlimited coaching from a dedicated CDE/RD.
- Tailored materials to address weight loss & maintain healthy blood sugar levels.
- Unlimited access to in-person WW Workshops and Digital tools, including the WW app.
- Weekly CDE emails to tailor Workshop room 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.<sup>1</sup>

## Start your health and weight loss journey today!

All **Medical Mutual of Ohio** employees are eligible for an upfront discounted WW membership.

**Enroll** in WW by emailing [weightwatchers@medmutual.com](mailto:weightwatchers@medmutual.com). Provide your name, date of birth and 12-digit ID number from your Medical Mutual member card or 6-digit employee number if you are not on the medical plan. You will then receive an enrollment guide.

\* 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.

<sup>1</sup>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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