Diabetes is on our radar—is it on yours?

**Diabetes prevention:** Positive lifestyle changes, such as losing weight and being more physically active, can lower the risk of developing type 2 diabetes. WW’s most personalized program is proven to make weight loss easier.*

33% of people in the U.S. have prediabetes¹

10% of adults have type 2 diabetes²

Kick off the journey to a healthier you today!

To learn more or to sign up for WW, visit [WW.com/us/JohnsHopkinsUniversity](http://WW.com/us/JohnsHopkinsUniversity).

What you’ll get:

- **Award-winning app** Stay on-track with tools like food tracking and on-demand workouts.
- **Around the clock guidance** Our Coaches are standing by 24/7 to help via live chat in the app and on the website.
- **Access to Workshops** Get in-person or virtual support and meet others who share your goals.

¹ [https://www.cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html)
² [https://www.cdc.gov/diabetes/basics/type2.html](https://www.cdc.gov/diabetes/basics/type2.html)

*In a 6-mo study, 88% of participants said myWW was an easier way to lose weight vs. when they tried on their own, funded by WW.
**In a year-long study, WW for Diabetes members lost more body weight and had significantly greater improvements in their HbA1c.

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