



# 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 prediabetes<sup>1</sup>

# 10%

of adults have type 2 diabetes<sup>2</sup>

## Kick off the journey to a healthier you today!

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

<sup>1</sup> <https://www.cdc.gov/diabetes/basics/prediabetes.html>

<sup>2</sup> <https://www.cdc.gov/diabetes/basics/type2.html>

\*In 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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