



WW as a Diabetes Prevention Program

WW is a CDC-approved curriculum as part of the National Diabetes Prevention Program, offering the tools and resources to help members lose weight and manage their blood sugar.

Diabetes is on our radar. Is it on yours?

Today, 30% of adults are pre-diabetic and are at risk of type 2 diabetes¹. To support our employees who are living with higher than normal blood sugar, we've partnered with WW (Weight Watchers Reimagined) to support you.

How WW can help with diabetes prevention:

- Award-winning app packed with stay-on-track tools like food tracking and on-demand workouts.
- Around the clock guidance with 24/7 coaching via live chat on the app and on the website.
- Access to workshops for in-person or virtual support where you can meet other members who share your goals.

[Click here](#) to learn more about how WW can help you reach your goals.

Sign up for WW from **November 1 to December 12** at [WW.com/us/JohnsHopkinsUniversity](https://www.ww.com/us/JohnsHopkinsUniversity).

Within 3 to 5 days after signing up, you'll receive a coupon for your FREE Slow Cooker cookbook via email.

