

Join WeightWatchers®

Reachable goals with simple,
science-backed changes

- **A plan tailored to you**

Get your customized nutritional plan based on your unique lifestyle.

- **Eat healthier, without the guesswork**

Prioritize nutrient-dense foods which require no tracking or measuring.

- **Find your support network**

Connect with expert WW coaches, access Virtual Workshops, and celebrate with members like you.



◆ Living with Diabetes?

WW is proven to help you lose weight, lower blood sugar, and enjoy life.[^]

- Join the 24/7 Living with Diabetes support group on social
- Track blood sugar with the WW app—syncs with select CGMs
- 5.7% avg weight loss and 9.8% drop in diabetes-related stress[^]

Special pricing when you sign up at [ww.com/yaleuniversity](https://www.weightwatchers.com/yaleuniversity)

Already a WeightWatchers member? Call 866-204-2885 for questions or to sync your current account.

[^]Based on a 6-month multicenter trial demonstrating significant reductions in weight, blood sugar, and diabetes-related distress. Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control, Nutrition & Diabetes. 2023. Funded by WW International, Inc.

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