



Weight Loss that Works.
Wellness that Works.



MEET THE NEW **DIABETES-TAILORED** PERSONALPOINTS PROGRAM

WW can help you lose the weight you want—while still eating what you love.



A Program That's Built for You

Our food plan is fully individualized, complete with a **ZeroPoint™ foods list** that takes your preferences *and* diabetes into account. These foods are less likely to impact blood sugar levels, so you can reach for them without needing to measure or track.



Everything's on the Menu

No foods are off limits, but the program guides you away from added sugar and toward choices higher in fiber, protein, and healthy fats. And to help cement healthy habits, **your Points® budget grows** when you eat non-starchy veggies, drink water, and get active.



Science, Simplified

Managing diabetes can feel like a full-time numbers game. WW's algorithm simplifies complex nutritional information, so you only have to look at **one easy-to-understand figure—a food's PersonalPoints™ value**.



Supportive Community

WW's exclusive social network, Connect, means **you never have to go at it alone**. Join the Living with Diabetes group to share tips and recipes, celebrate milestones, and meet other members on a similar journey.

NEW

PersonalPoints™

Discover Your Path to Sustainable Weight Loss

Join WW for as low as \$8.48 a month on select plans.*

Sign up at [WW.com/us/RRD](https://www.com/us/RRD)

Reach your goals with WW— at a special RRD discount!

*This program is a voluntary benefit program that is not sponsored or maintained by RRD. Employees who choose to participate in this program must deal directly with the program vendor.

"As low as" price reflects Digital membership plan for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates or the agreement between your employer and WW terminates. Offer available in participating areas only.

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