Highlight of the Month

WeightWatchers Knows Diabetes

We understand that living with diabetes can be challenging – physically, mentally, and emotionally. That’s why the WW program, developed by scientists and backed by research, has been shown to help those living with diabetes, lose weight and lower their blood sugar.^

Of those following the WW diabetes-tailored plan...^^
- 85% said WW allows them to live their life to the fullest while losing weight
- 89% said WW helps simplify weight loss
- 80% said WW is a way to lose weight that is customized to their diabetes
- 89% said WW has a supportive community that understands the journey of having diabetes

Get the tools to live healthier and stress less. Yes, it’s possible!

^Based on a six-month single-arm multicenter trial that tested the WW Diabetes-Tailored Plan and was led by John Apolzan at the Pennington Biomedical Research Center from April to December 2021.

Sign up for weight-loss plan that works!

Anyone age 18 and older enrolled in a PEBB medical plan can sign up at NO COST to you.

Visit PEBB.WW.com to learn more.

Recipe of the Month

Individual Stuffed Sweet Potato “Casseroles”

Here is a fun spin on a Thanksgiving staple!