

Do Your Patients Need Help Managing Diabetes? CCH & Weight Watchers Can Help.

Meet the New Diabetes-Tailored PersonalPoints Program that can help them lose the weight they want while still eating what they love



Weight Loss that Works.
Wellness that Works.

A Program That's Built for You

Weight Watchers's food plan is fully individualized, complete with a ZeroPoint™ foods list that takes member preferences and diabetes into account. These foods are less likely to impact blood sugar.

Everything's on the Menu

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

Science, Simplified

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

Supportive Community

Weight Watchers's exclusive social network, Connect, means members never have to go at it alone. By joining the Living with Diabetes group, members can share tips and recipes, celebrate milestones, and meet other members on a similar journey.

Encourage your patients to join today. It's never been easier – or more affordable with select plans as low as **\$9.75 a month**. They can sign up at CommunityCareHealth.WW.com