WeightWatchers for Business

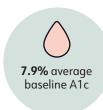
Clinical trial results

WeightWatchers Diabetes Program delivers positive health outcomes

Participants¹

Program snapshot

136 **PEOPLE LIVING WITH TYPE 2 DIABETES**



62.2% white



Nine in ten people living with diabetes are also living with overweight or obesity, and 30%-53% of new type 2 diabetes cases in the U.S. are linked to obesity each year.^{2,3} Today, one in every four dollars spent on healthcare in the U.S. goes to caring for people with diabetes.4

Current American Diabetes Association (ADA) treatment recommendations recognize the important role weight management plays for patients with type 2 diabetes who also have overweight or obesity.⁵ Lifestyle changes, including shifts in patterns of eating and activity routines, are an essential component of diabetes care and can help improve glycemic control—even after medication is initiated.⁶ The WeightWatchers (WW) Diabetes Program guides members living with diabetes toward foods that are less likely to impact blood sugar levels—and provides digital support and resources, including a community of their peers to support their experience.

The six-month clinical trial evaluated the effectiveness of the WW Diabetes Program on weight management, as well as overall health and well-being. Study participants were provided with:



A FOOD PLAN

with modified ZeroPoint® foods* for people living with type 2 diabetes



WEEKLY VIRTUAL WORKSHOPS

facilitated by a WW coach



COMMUNITY SUPPORT

through private social media group



DIGITAL **SUPPORT**

via app, personalized content, and milestone celebrations

Clinically meaningful and statistically significant results included:1



WEIGHT LOSS (APPROX. 11 POUNDS)

A modest weight loss of at least 5 percent of a person's body weight can help produce health benefits including improvements in blood sugar.7

9.8 O DECREASE IN DIABETES DISTRESS

Participants experienced a reduction in their emotional burden, regimen-related stress, and overall diabetes distress.



DECREASE IN HUNGER



DECREASE IN HbA1c

Average decreases in participants' HbA1c levels are greater than the commonly accepted threshold for clinical significance of 0.5.8

IMPROVEMENT IN QUALITY OF LIFE

Participants reported that the WW program makes living with diabetes easier

The WW program:9

helps lower my risk of health conditions

makes managing my diabetes easier

helps me lose weight and improve my diabetes

WeightWatchers for Business unaerstanas tne intersection of diabetes and weight loss

WeightWatchers for Business is the only full-spectrum weight health platform built to help organizations navigate the changing weight health landscape. Based on true clinical need, our individualized Pathways $^{\!\mathsf{TM}}$ help you improve the long-term health of your people and responsibly control costs.

Visit ww.com/forbusiness to learn more.

^{*}WW's ZeroPoint foods don't need to be weighed, measured, or tracked. National and international guidelines—including the World Health Organization—recommend these nutrient-, vitamin-, and mineral-packed foods as part of a healthy eating pattern. For members living with diabetes, we remove the ZeroPoint food options that are more likely to impact blood sugar levels.

¹ Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023

² Grant B, Sandelson M, Agyemang-Prempeh B, Zalin A. Managing obesity in people with type 2 diabetes. Clin Med (Lond). 2021 Jul;21(4):e327-e231. doi: 10.7861/clinmed.2021-0370. PMID: 35192472; PMCID: PMC8313195.

³ Cameron NA, Petito LC, McCabe M, et al. Quantifying the Sex-Race/Ethnicity-Specific Burden of Obesity on Incident Diabetes Mellitus in the United States, 2001 to 2016: MESA and NHANES. J Am Heart Assoc. 2021;0:e018799. DOI: 10.1161/JAHA.120.018799

⁴ Economic costs of diabetes in the US in 2017. Diabetes Care. 2018; 41:917–928.

⁵ American Diabetes Association. Obesity management for the treatment of type 2 diabetes: standards of medical care in diabetes - 2021. Diabetes Care. 2021;44(1):553-72.

⁶ American Diabetes Association. Lifestyle Management: Standards of Medical Care in Diabetes-2019. Diabetes Care. 2019;42(1):S46-S60. https://doi.org/10.2337/dc19-S005 ⁷ CDC. Losing Weight. https://www.cdc.gov/healthyweight/losing_weight/

⁸ Lenters-Westra E, Schindhelm RK, Bilo HJ, Groenier KH, Slingerland RJ. Differences in interpretation of haemoglobin A1c values among diabetes care professionals. Neth J Med. 2014;72:462-466. $^{\rm 9}$ Percentage of people who selected strongly agree or agree.