



weightwatchers
reimagined



WW for Diabetes* (Weight Watchers® Reimagined)

This offer combines the proven WW approach with confidential, unlimited, one-to-one email and phone support from a Certified Diabetes Educator (CDE)**.

What's included as a member:

- Personalized food plan and unlimited coaching from a dedicated CDE/RD.
- Tailored materials to address weight loss & maintain healthy blood sugar levels.
- Unlimited access to in-person WW Workshops and Digital tools, including the WW app.
- Weekly CDE emails to tailor Workshop room topics to members with Type 2 Diabetes.

A moderate weight loss of 5%, even for people who are significantly overweight, can have a positive impact on blood sugar.!

Start your health and weight loss journey today!

To learn more or to sign up for WW, visit ww.com/us/Norfolk and enter the **Norfolk Southern Employer ID: 14558302**

Norfolk Southern employees and their spouses are eligible for the WW discounted rates and subsidy.

Remember to have your Employee ID ready. Spouses need to add an S to the end of the Employee's ID.

Questions? Call WW at 866-204-2885.

* WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

** The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

¹Klein S, Sheard EL, Pi-Sunyer X, et al. Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies. Diabetes Care. 2004;27:2076-2073.

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