



Weight Watchers for Diabetes: Frequently Asked Questions

<p>What is Weight Watchers for Diabetes?</p>	<p>Weight Watchers for Diabetes is a weight loss offering for people with type 2 diabetes.</p> <p>We know losing weight can be a challenge and for people with type 2 diabetes it can be even harder.</p> <p>Weight Watchers for Diabetes is designed to help you lose weight and improve management of your disease. Weight Watchers for Diabetes builds on the strength of our scientifically proven program by adding unlimited one-on-one, individualized coaching and expert guidance from a dedicated Certified Diabetes Educator (who is also a registered dietitian). Our CDEs are specially trained in both the Weight Watchers program and diabetes medical nutrition therapy (the recommended standard treatment for people with type 2 diabetes).</p> <p>Once enrolled in Weight Watchers for Diabetes, you will receive:</p> <ul style="list-style-type: none"> • Two scheduled phone consultations with your dedicated CDE • Unlimited one-on-one coaching from your CDE through ongoing support via phone or e-mail • A personalized food plan that is tailored to your individual needs by your CDE • Guidance on important healthy lifestyle topics that are tailored for you, including advice on activity and exercise, blood sugar level goals, and the impact of carbohydrates on blood sugar. <p>Weight Watchers for Diabetes is a Meetings (with OnlinePlus) offering and is NOT offered for Weight Watchers Online subscribers or in franchise areas at this time.</p>
<p>What is a Certified Diabetes Educator (CDE)?</p>	<p>A CDE is a healthcare professional who is certified in diabetes education and management. CDEs that support the WW4D program are registered dietitians and are trained specifically on the Weight Watchers proven approach to weight loss and weight management. They are Weight Watchers employees.</p>
<p>Once enrolled, will I work with any available CDE for counseling?</p>	<p>No. Since every person with diabetes has unique needs, you will have a dedicated CDE who will understand that individual you needs. Typically, a CDE remains with you for your entire tenure in the diabetes program.</p>
<p>How is my privacy protected? Will the District know I am participating in WW4D?</p>	<p>The conversations you have with your personal CDE are private and confidential and are not shared with employers. Aggregate data about participation and weight loss is shared. Weight Watchers does not share data on individual members.</p>
<p>How does the SmartPoints® program work with the Weight Watchers for Diabetes program?</p>	<p>The CDE applies the basic components of Medical Nutrition Therapy for type 2 diabetes and the basic principles of diabetes education to the SmartPoints® program.</p>
<p>Will I attend special Weight Watchers meetings?</p>	<p>No. You will attend traditional Weight Watchers meetings in your community and/or At Work (on-site) meetings if your employer has contracted to provide them. You will also receive unlimited, tailored telephone and email support from a Weight Watchers trained Certified Diabetes Educator (CDE).</p>
<p>How much weight loss can I expect on this program?</p>	<p>People following the Weight Watchers plan can expect to lose .5 to 2 lbs. per week.</p>



Once I enroll in the Weight Watchers for Diabetes program, how long do I have to remain enrolled? What if I want to drop out of the program?	You do not have to remain enrolled in the program, although you are encouraged to do so in order to see the added benefits and results from your sessions with your CDE. You can switch to a regular Monthly Pass membership at any time by choosing to do so in the LBUSD log-in portal or by calling the Weight Watchers Customer Care Center. You are encouraged to call the Customer Care Center if you are dissatisfied or feel that the program isn't a good fit for you prior to canceling your Weight Watchers Membership in its entirety.
Are Weight Watchers for Diabetes materials and services available in languages other than English?	No. Currently, all program materials and services are provided in the English language.