



# Your fully covered benefit to **lose weight** and improve **prediabetes** or **type 2 diabetes**



## How Twin supports your health journey



### Track your progress

Get a welcome kit with a CGM, smartwatch, smart scale, and blood pressure cuff.



### Get personalized tips

Digital Twin™ technology maps your metabolism and suggests small changes that adapt with you.



### Lean on expert support

Our clinical care team of nurses, providers, or coaches is there to guide you every step of the way.

Twin members experience life-changing results\*

**73%**

eliminated medications

**2.2 pt**

drop in A1C

**17 lbs**

average weight loss\*\*

\*As of April 2025, based on average member results using Twin Health data. Individual results may vary.

\*\*Weight loss based on members with a BMI of 40+.



Start healing from the inside out with Twin

Enroll at no cost to you.

Check Your Eligibility:

[twinhealth.com/get-started](https://twinhealth.com/get-started)