

Reversing type 2 diabetes is possible



A new standard of care for chronic metabolic disease

Twin Health empowers people to reverse chronic metabolic disease by addressing the root cause, a dysfunctional metabolism. Twin Health's Whole Body Digital Twin™ technology leverages easy-to-use health trackers, including a continuous glucose monitor, activity tracker, and more, to create a blueprint of each person's dynamic metabolic system and determine the most optimal, sustainable path to reversal, unique to each individual. Members are empowered with precise, real-time actions across a range of factors (sleep, activity, breathing, nutrition, and medication), in alignment with their lifestyles and preferences. Twin Health couples the technology with a compassionate care team, which is critical to building trust, support, and accountability.

Clinical Results*

72%

Type 2 diabetes reversal in the first 6 months. A1C <6.5, all diabetes medications (except metformin) eliminated.

2.9

Average A1C reduction in the first 6 months for members with a starting A1C >8.0.

71%

High-cost medications eliminated at 6 months for members on high-cost diabetes medications.

16.6 lb

Average weight loss in the first 6 months for members with a starting BMI >30.

*Source: Twin Health's commercial population as of August 2023

Value drivers for our members

Improves mood and energy

Many Twin Health members report an improvement in their overall mood and energy.

Fits member lifestyle

Not everyone starts in the same place. Twin Health factors in each member's journey and circumstance when creating the personalized treatment plan that suits them long-term.

Incorporates member preferences

Members tell us what they like and dislike, and Twin Health customizes things to their preferences. The foods Twin Health recommends will be healthy and tasty, too.

Empowers members

Members will have personalized information at their fingertips, empowering them to make the decisions that are best for them.