

# 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.