twin + NEMOURS CHILDREN'S HEALTH

OFFERED AT NO COST TO YOU!

Food you ate yesterday between 9 AM and 1PM kept your blood sugar stable – nice!
You logged: 2 scrambled eggs, 16 oz. black coffee without sugar

Blood sugar levels

180
160
140
120
100

9 AM   10 AM   11 AM   12 PM   1 PM

+15 mg/dL
Glucose spike

Got it

Today   Nutrition   Progress   More
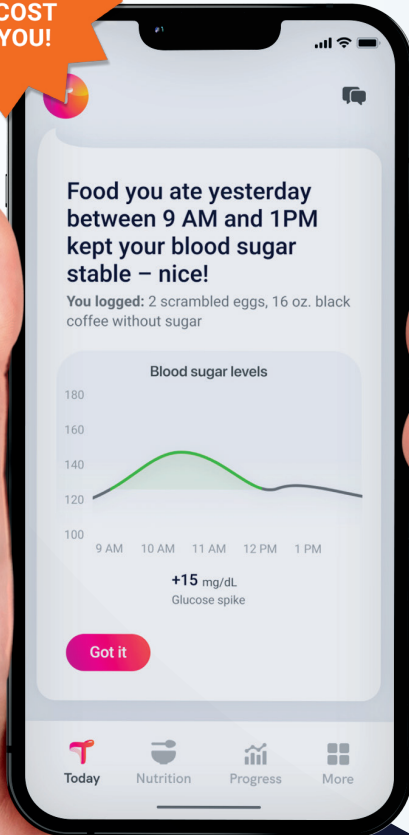
Reversing Type 2 Diabetes is Possible.

For the first time, we are offering a program that helps people **reverse type 2 diabetes.**

Twin Health is a covered benefit for associates, spouses, and children aged 18 and older with type 2 diabetes and who are enrolled in a **Nemours Medical plan.**

We partnered with Twin because of their proven results:

Healing the underlying cause of type 2 diabetes and normalizing blood sugar

Reducing medications, including injectables like insulin

Increasing energy, improving mood, and decreasing symptoms

Partner.TwinHealth.com/Nemours