

Improve blood sugar, reduce and eliminate medications, lose weight, and live a life free of type 2 diabetes.

Twin Health offers a personalized type 2 diabetes program where eligible members can safely improve blood sugar, reduce and eliminate costly medications, and shed unwanted weight.



Proven, life-changing outcomes.

2.2_{pts}

drop in A1C*

73%

of members eliminate medications*

14_{lbs}

lost in 6 months*

*As of September 2024, based on average member results using Twin

How the Twin Health program works.

STEP 1

Schedule a free consultation to learn eligibility for Twin Health's program.

Speak with a Twin Health enrollment advisor who will assess your eligibility and goals, review the Twin Health Program, and walk through the enrollment steps.

STEP 2

Be clinically verified for the program by our clinical care team.

Download the Twin Health app, set up a health profile, and complete a lab test to understand your baseline health and that you qualify for the program.

STEP 3

Activate the Whole Body Digital Twin™.

Once verified, members will meet the Twin Health Care Team through video visits to help set up sensors, including a continuous glucose monitor, blood pressure monitor, a smart scale, and an activity tracker — all offered as a covered benefit.

With the app and sensors in place, the Whole Body Digital Twin™ sends daily guidance on specific actions that can help improve blood sugar and eliminate medications. The Care Team works with each member alongside their primary care provider wherever possible.



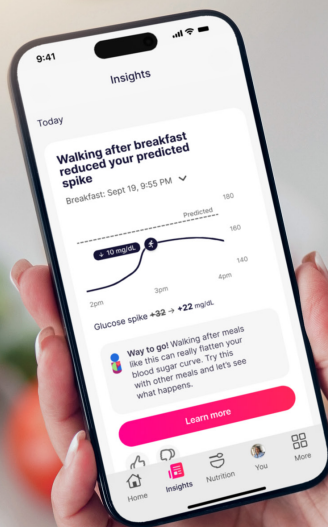
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"Without Twin (Health), I would not be successful at this... Between nutrition, exercise and medications, all of that together has changed my whole life."

Twin Member



Life without type 2 diabetes is now possible.

The Twin Health program can help improve type 2 diabetes because it heals the root cause — a dysfunctional metabolism.

Instead of one-size-fits-all diets and unrealistic exercise programs, Twin Health uses the advanced Whole Body Digital Twin™ to heal a member's unique metabolism.

What is a Whole Body Digital Twin?

The Whole Body Digital Twin™ is a digital representation of a member's unique metabolism, built from thousands of data points gathered daily from wearable sensors.

With Twin Health, members get personalized guidance from their digital Twin, a dedicated Care Team, and wearable sensors and devices to empower them to improve blood sugar, safely reduce and eliminate medications, lose weight, and improve type 2 diabetes — all offered as a covered benefit!



Your path to better metabolic health starts now.



All associates, spouses, and dependents over age 18 who are enrolled in a Nemours medical plan (Red, Blue, White and Green plans) are eligible.

Scan with your camera or visit website.
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