



Prevent Prediabetes, Take Control of Type 2 Diabetes, and Achieve Sustainable Weight Loss with Twin Health

Twin's **full metabolic health program** empowers members to achieve sustainable weight loss, improve metabolic health, and reduce reliance on long-term medications.

Twin's **prediabetes program** provides early intervention, aiming to prevent progression to type 2 diabetes with personalized guidance on nutrition, activity, and lifestyle changes.

Twin's **type 2 diabetes program** aims to stabilize blood sugar, reduce or eliminate medications, and support lasting health improvements.

Clinical eligibility for the Twin Health Program is confirmed through a review of your health profile and lab results. Coverage eligibility is dependent on your employer and/or health plan.

Twin users are achieving life-changing results:*

- **16.6 average pounds** lost
- **2.9-point** drop in A1C
- **89% of Twin users** feel healthier

Discover more and enroll today <https://qrco.de/abktwin>



The Twin Health Program is a fully covered benefit, at no cost to the member, for any employee or adult dependent age 18+ with specific metabolic conditions, including type 2 diabetes, prediabetes, or an eligible body mass index (25+) enrolled in Collective Health and Centivo plans.

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



How quickly will I see success in the Twin Health Program?

Success depends on many factors, such as health history, current health status, medications, adherence to Twin recommendations, and how your body responds. Our focus is on long-term success and creating sustainable lifestyle changes.

How can Twin Health help me improve prediabetes or type 2 diabetes?

The Twin prediabetes and type 2 diabetes program addresses elevated blood sugar from the root cause, acknowledging that a one-size-fits-all approach will not work for everyone, as every metabolism is unique. We begin by learning about your unique metabolic profile, and from that learning, we teach you what to eat and the foods that work best for your body. Additionally, we focus on other wellness areas crucial for healing your metabolism and reducing your glucose, such as activity, sleep, and stress management, all individualized for you based on your body's needs.

How can Twin Health support weight loss?

Our Healthy Weight program addresses weight loss from the root cause. Recognizing that every metabolism is unique and not a one-size-fits-all approach. We begin by educating you on personalized nutrition and highlighting foods that work best for your body. In addition, we focus on other wellness areas crucial for weight loss and maintenance, such as activity levels, sleep quality, and stress management – all individualized based on your body's needs.

Will the Healthy Weight program include fitness and/or workout plans?

Yes, and we are currently enhancing our offerings in this area. You'll be able to track your workouts, noting their duration and frequency, and schedule them for the week. You'll also receive insights into how your body responded to your workout.

Do I need to undergo lab work every 3 months?

No, blood work is required only twice a year as part of the healthy weight program.

Will I have to stop drinking alcohol in the program (ex: I drink a few glasses of red wine weekly, have beers with my friends every Sunday night, etc.)?

In the early stages of the Twin program, you may need to stop drinking alcohol, but as with anything, it all depends on how your body responds. While Twin does not encourage alcohol consumption due to its lack of nutritional value, we understand that each member has different preferences and timelines for achieving their goals.

What does low-carb mean?

There will be occasions when you crave a drink or a favorite food, and we'll guide you on how to enjoy these while staying on track. As you progress with Twin, you'll find that you can incorporate more foods and options with fewer negative effects.

How long does it take to be able to eat my red foods again?

Your progress depends on how consistently you adhere to your daily tasks and nutrition plan. The more you follow the program, the faster you'll see results. On average, it takes a few months for your metabolism to adjust and tolerate these foods without hindering your goals.



Will you help me find affordable alternative food options that are locally available (like at my local Aldi's, Walmart, etc., and not just bigger "healthy" stores)?

Absolutely! Our Twin app can assist you with this. You can use the Shopping Guide to filter foods by stores and brands in different categories. This helps you find affordable, locally available "green" foods at places like Aldi's, Walmart, and other local stores quickly and easily.

I struggle with eating the right foods when I have to fast for extended periods of time due to religious reasons. Can I still participate in the program? How will my Health Coach support me?

Yes, Twin coaches are trained to help you support your fast while eating the right foods. The Twin app can help you choose foods that will make you feel fuller longer and manage your blood sugar to lessen some of the side effects and cravings you may have with extended fasting.

Is this keto?

Twin isn't keto. While some initial "green" foods might be labeled as keto due to their low sugar and carb content, we focus on:

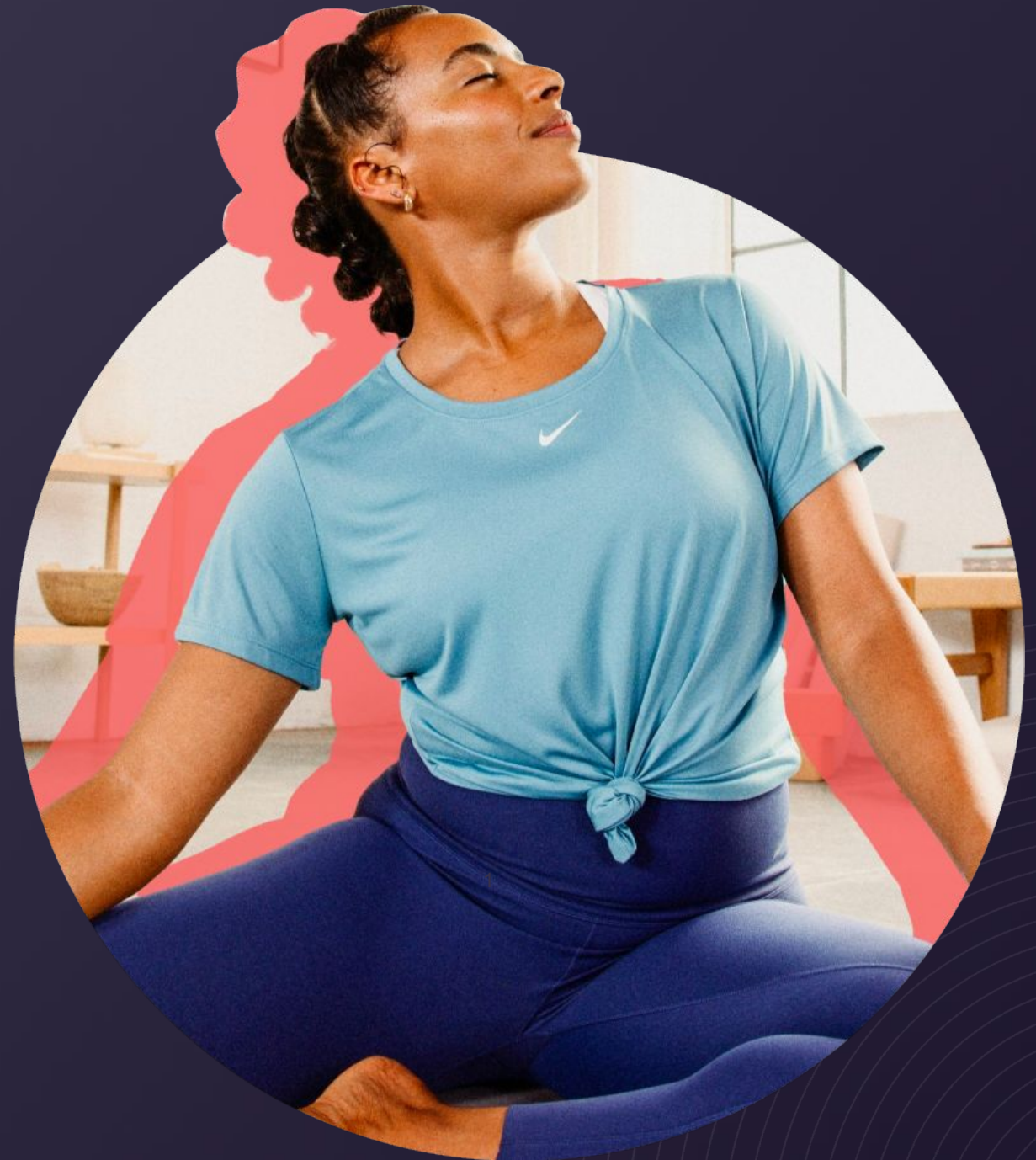
- Resetting your metabolism
- Reduce inflammation
- Steadying blood sugar

As your body heals, foods with sugar and carbs can be reintroduced into your diet. Unlike keto's one-size-fits-all approach, Twin offers a personalized and sustainable evidence-based approach. We use information from sensors, lab work, and meal logs to help your body heal for life!



Metabolic Health Program Overview

December 31, 2024



Discussion Focus

- 1 Metabolic Health Program Overview
- 2 ABK Member Highlight
- 3 Program Eligibility
- 4 Member Enrollment & Onboarding Journey

Metabolic Diseases

Stroke • Alzheimer's • Kidney Failure • Heart Failure • Liver Failure

Metabolic Diseases

>50%
of adults &
increasing



Obesity



Hypertension



T2 Diabetes,
Prediabetes

700%
increase in GLP-1
drugs over past 4
years¹

Disease
management
solution
ecosystem



Fatty Liver



Dyslipidemia



Kidney
Disease

\$17,000
Per diagnosed
member per year
& growing

Twin Addresses the Underlying Root Cause – Metabolic Dysfunction

¹BMJ 2024;386:q1645 – <https://www.bmj.com/content/386/bmj.q1645>

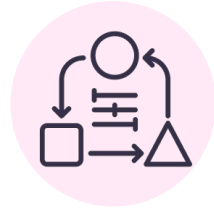
Twin Health

Preventing the progression of chronic metabolic diseases for a healthier, happier lifestyle.



Revitalize Health

Lose weight, reduce medications,
& normalize blood sugar with our
solution for metabolic healing.



Personalized Journey

Get personalized coaching and
guidance on how to make sustainable
lifestyle changes.



Track Progress Easily

Make informed decisions about
health with data-driven insights.



Simplified Care

Save time and reduce in-person visits
by accessing the Twin care team
from anywhere.

How It Works

Personalized Digital Twin

Wearable Sensors
3,000 signals daily



CGM



Watch



BP



Body scale

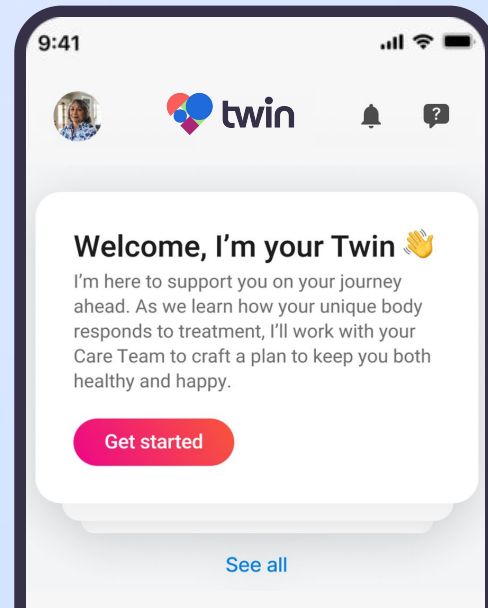
Metabolic
Labs



Member Self-Reported
preferences, behaviors



ABK
Member



Your Twin continuously learns
about your metabolism

Your Twin gives daily action cards to
heal your metabolism



+



Clinical Care Team

precision
nutrition

precision
medicine

precision
activity

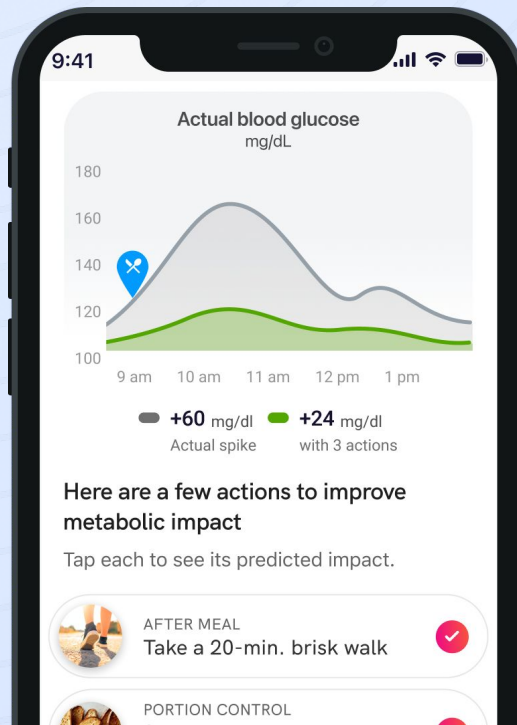
precision
sleep

precision
breathing

Insights made for you

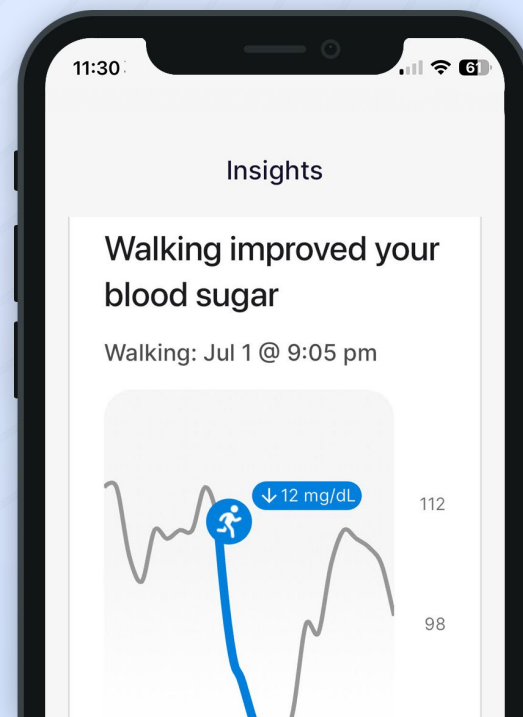
Personalized recommendations

Your metabolic data to make better choices



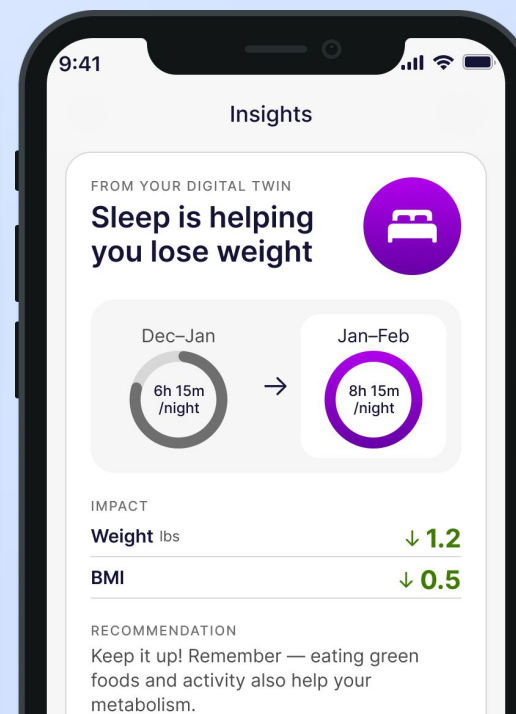
Holistic health insights

Insights to see what works for you



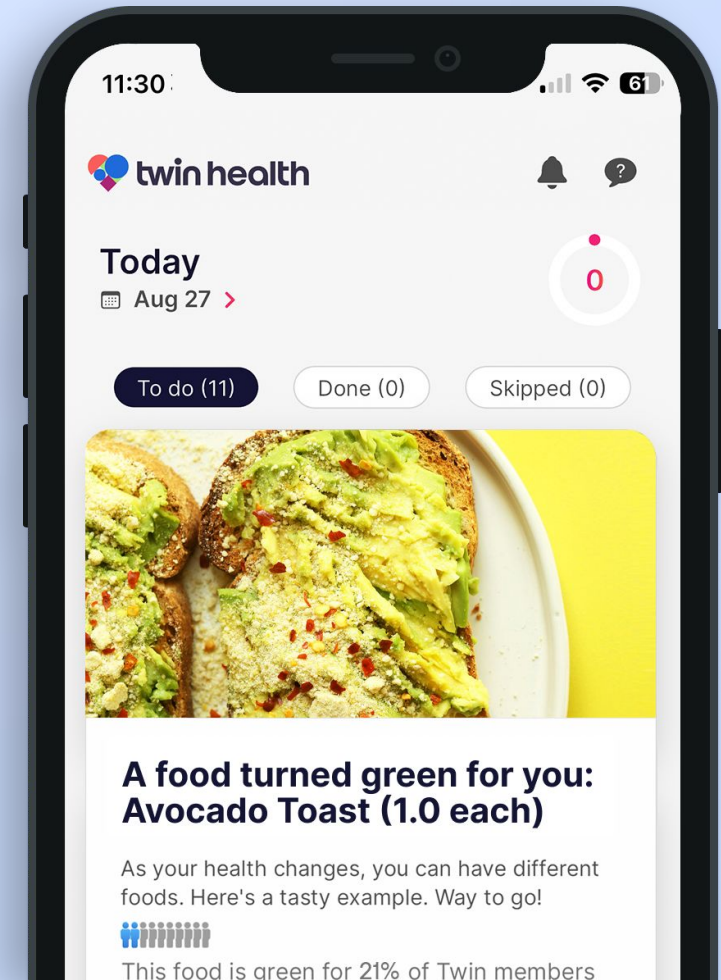
Encouraging behaviors

Feedback for lasting behavior change & health goals



Metabolic healing

Unlock more choices to sustain lasting health goals



Member Highlight



Activision Blizzard

Member Highlight



Male
53 years old
Active 223 Days
Living with Diabetes 4 Years

Long Term Goals

- Improve overall health & quality of life
- Lose weight

Challenges

- Meal prep
- Finding an enjoyable balanced diet



6.5% → 6.0%
A1C



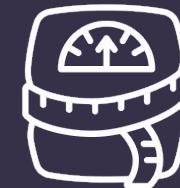
155 → 117
1DG (mg/DL)



2 → 1

Medications

*High cost GLP-1 med reduction



323 → 304

Weight (lbs)

Member Eligibility and Enrollment Journey



Program Eligibility

Members enrolled in Centivo or Collective Health plans

Employees and dependents ages 18+

with Type 2 Diabetes, Prediabetes, or Body Mass Index (BMI) of 25+

offered at no cost to the member

Members register using the [ABK landing page](#)

Member Enrollment and Onboarding Process



Voluntary Registration

From Landing Page



Getting Started with Twin Call

Confirm Clinical Eligibility & Answer Questions



Complete Blood Work

LabCorp or Quest Diagnostics



Welcome Video Visit & Onboarding

Meet your Twin Health Coach



Sensor Setup

Set up your sensors



Start Your Journey Visit

Meet your Twin Provider and medical review



Begin your Twin Journey