



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

ABK is teaming up with Twin Health to offer a personalized prediabetes and type 2 diabetes reversal program. Now eligible members can safely improve blood sugar, reduce and eliminate costly medications, and shed unwanted weight with Twin Health.

Proven, life-changing outcomes

72%

Type 2 diabetes reversal*

2.9

Average A1C reduction for members with A1C >8.0*

71%

High-cost meds eliminated*

16.6-lb

Average weight loss for members with BMI >30*

LEARN MORE



partner.twinhealth.com/abk

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

How the **Twin Health** program works

STEP 1

Schedule a consultation to learn if you are eligible for Twin Health's program

Collective Health and Centivo medical plan enrollees can 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 participation in the program by our clinical care team

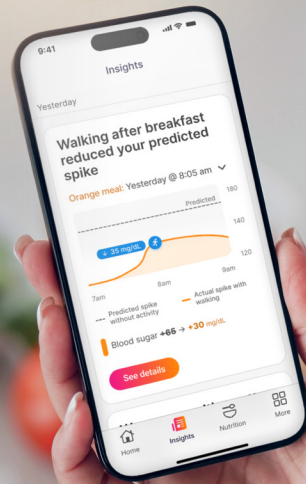
Download the Twin Health app, set up a health profile, and complete a lab test to understand your baseline health and that you qualify for the program.

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 (**\$800 value**) — 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.



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

Eric W. – Twin Health Member

Life without prediabetes and type 2 diabetes is now possible

The Twin Health program is proven to reverse prediabetes and 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 reverse prediabetes and type 2 diabetes — all offered as a **covered benefit!**



\$800 retail value
at no cost to you

Learn if you are eligible now!



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