

# Lose weight. Gain better health.

**There's no magic formula for losing weight.**  
That's why what works for your friends and family might not work for you.

**But there is a scientific formula based on your unique metabolism** that can help you reach and maintain a healthy weight — for life.

**Meet Twin Health.** A new health benefit that combines a mobile app, the latest science and technology, plus the support of a dedicated team to help you drop excess pounds and boost your metabolism.



## See and feel the difference in under 6 months.

13 lbs

lost in 6 months, with no weight rebound (without GLP-1)\*

1.9 pts

BMI reduction achieved without GLP-1 medications\*

68%

of members eliminate high-cost medications\*

\*As of July 2024, based on Twin Health's data.

"I feel blessed to be in this program. I've lost 14 lbs and my wife is losing weight and feeling amazing. I couldn't be happier. Everyone who is able to should do the Twin program!" – Twin member



Scan with your camera or visit website.  
[partner.twinhealth.com/abk](https://partner.twinhealth.com/abk)

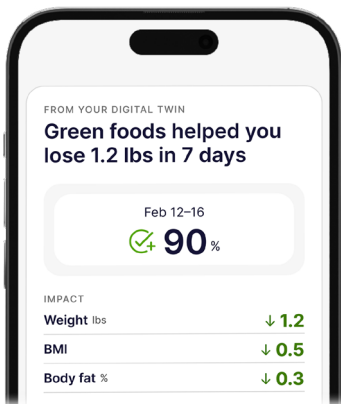


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# Experience a program that's one-of-a-kind — just like you.

Lose weight and improve fitness with personalized activity/nutrition recommendations.

Our technology develops a “Digital Twin” of your unique metabolism. With the support of a Twin Health coach, we'll use this data to create and share daily recommendations made just for you in our mobile app.

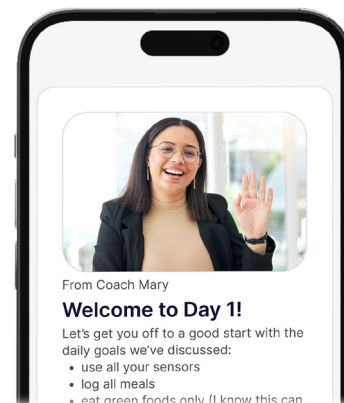


Avoid or eliminate costly medications (and side effects) with real-time, actionable health insights.

Your benefit includes wearable devices (\$1,200 value) and more to monitor how nutrition, activity, sleep, and stress impact your blood sugar—giving you the information you need to prevent or reverse prediabetes and type 2 diabetes.

Live a longer, healthier life with one-on-one coaching for habit formation.

The more you use Twin, the better results you'll achieve as our technology learns about you and you learn how to improve your metabolism. Gain confidence as you reach and maintain a healthy weight and clearer mind from in-app tips and personal coaching.



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.



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