



**BlueCross BlueShield**  
of Illinois



# Twin Health for Diabetes Reversal and Healthy Weight

**Diabetes, Obesity and Metabolic Syndrome Can Be Related. You Can Help Your Employees Better Manage These Conditions.**

**Metabolic syndrome is a complex condition that includes risk factors for several health problems, including:**

- Impaired fasting glucose (prediabetes or diabetes)
- High blood pressure (hypertension)
- High triglyceride levels (fats in the bloodstream)
- Low HDL cholesterol levels (the good cholesterol)

## Why do you need a diabetes health solution that includes metabolic syndrome management?

Because chronic conditions, and particularly diabetes and obesity rates, are growing in the U.S.,<sup>1</sup> employers need ways to help employees better manage these conditions. We've teamed up with Twin Health, a digital diabetes and metabolic health management program that incorporates interventions for both obesity and type 2 diabetes. We want to help you and your employees reduce long-term medical costs and promote healthy lifestyle.

## Weight Management and Type 2 Diabetes Reversal

Twin offers a type 2 diabetes reversal and weight management program that includes a personal coach, a dedicated care team and a care plan that's unique to a member's metabolism.

Type 2 diabetes has been associated with metabolic risk factors and many programs are focused on helping members live with, but not reverse, their conditions. You need solutions your employees can use to maintain a healthy weight and help to guide them to an intervention that best fits their needs.

## What does the Twin Health Diabetes program do?

Members will have access to this comprehensive lifestyle program that can help them reduce weight while aiming to eliminate the need for medications. When they join, they'll get a Welcome Kit that includes:

- A smart scale
- Continuous glucose monitor
- Blood pressure monitor
- Activity tracker

## How Does it Work?

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

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. Members are empowered to:

- Lose weight
- Improve blood sugar
- Safely reduce or even stop their medications
- Achieve a state of type 2 diabetes reversal



When your employees can see real progress in losing the weight they want and by reversing their type 2 diabetes diagnosis, they can live a healthy life with increased energy to accomplish their goals.

Learn more about the Twin Health digital program. Contact your account representative from Blue Cross and Blue Shield of Illinois.

Information provided by Blue Cross and Blue Shield of Illinois is for informational and educational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

1. Obesity contributes to up to half of new diabetes cases annually in the United States, Journal of the American Heart Association Report, February 10, 2021

Twin Health is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide care and disease management for members with coverage through BCBSIL. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.