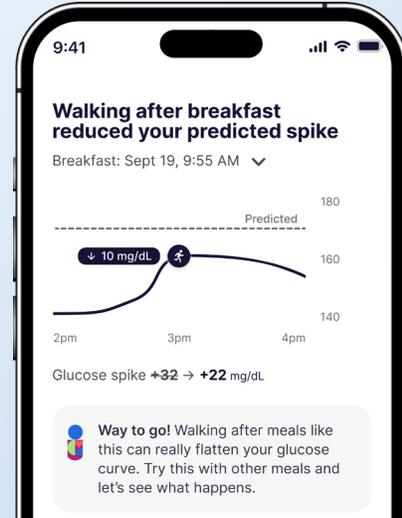


Normalize blood sugar | Lower A1C | Lose weight | Gain energy | Sleep better



Your fully covered benefit to **lose weight** and improve **prediabetes** or **type 2 diabetes**

Twin Health is a no-cost program that helps you understand your metabolism so you can feel your best.



How Twin supports your health journey



Track your progress

Get a welcome kit at no cost to you, with smart tools like a CGM, smartwatch, and more.



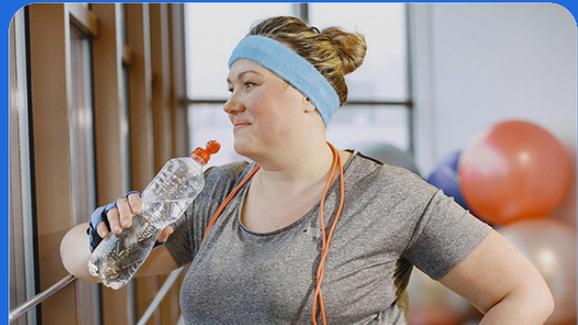
Get personalized tips

AI Digital Twin technology maps your metabolism and suggests small changes that adapt with you.



Lean on expert support

Our clinical care team of nurses, providers, or coaches is there to guide you every step of the way.



Get Peloton App One at no cost

Twin members get access to Peloton App One at no cost. Stay motivated with thousands of classes across cardio, strength, meditation & more.*

*To keep your Peloton App One access, complete at least four classes per month. Benefit includes exclusive discount on Peloton Bike+.

PELOTON



Start healing from the inside out with Twin

Enroll at no cost to you.

Check Your Eligibility:

connect.twinhealth.com/rrd

Twin Health is a fully-covered benefit for all employees and dependents 18 and older with specific metabolic conditions including Type 2 diabetes, prediabetes or unhealthy weight (as defined by a BMI of 27+) enrolled in an RRD National Medical Program option.