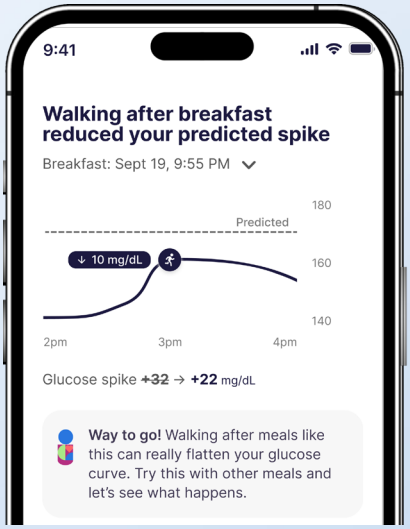
Normalize blood sugar | Lower A1C | Lose weight | Gain energy | Sleep better

Geosyntec consultants | twin

Your fully covered benefit to improve type 2 diabetes, normalize blood sugar, lose weight, and feel better

Twin Health is a fully covered program with daily, personalized insights that help you to take control of your health and feel your best.



How Twin supports your health journey



Track your progress

Get a welcome kit with a CGM, smartwatch, activity tracker, smart scale, and blood pressure cuff.



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.

Twin members experience life-changing results*

71%
lowered A1C

-27 lbs.
average weight loss

85%
eliminated GLP-1 medication

*2025 Twin Health group results of the Cleveland Clinic study published in the New England Journal of Medicine Catalyst. Individual results may vary.

Start healing from the inside out with Twin

Enroll at no cost to you.

Check Your Eligibility:

twinhealth.com/get-started

The Twin Health Program is a benefit provided at no cost to you, for any eligible employee, spouse, or adult dependents with specific metabolic conditions including prediabetes, type 2 diabetes, or an eligible Body Mass Index and is available for members enrolled in the Geosyntec medical plans with Cigna.

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