



## **How quickly will I see success in the Twin Health Program?**

Success depends on many factors, such as health history, current health status, medications, adherence to Twin recommendations, and how your body responds. Our focus is on long-term success and creating sustainable lifestyle changes.

## **How can Twin Health help me improve type 2 diabetes?**

The Twin type 2 diabetes program addresses elevated blood sugar from the root cause, acknowledging that a one-size-fits-all approach will not work for everyone, as every metabolism is unique. We begin by learning about your unique metabolic profile, and from that learning, we teach you what to eat and the foods that work best for your body. Additionally, we focus on other wellness areas crucial for healing your metabolism and reducing your glucose, such as activity, sleep, and stress management, all individualized for you based on your body's needs.

## **Will I have to stop drinking alcohol in the program (ex: I drink a few glasses of red wine weekly, have beers with my friends every Sunday night, etc.)?**

In the early stages of the Twin program, you may need to stop drinking alcohol to achieve your goals, but as with anything, it all depends on how your body responds. While Twin does not encourage alcohol consumption due to its lack of nutritional value, we understand that each member has different preferences and timelines for achieving their goals.

## **How does Twin Health guide me toward which foods to eat and which to avoid?**

Twin sees how your body reacts to foods and assigns a color — green, orange, or red (not based on actual colors of the food).

To start, you'll focus on maximizing foods marked green in your app.

Food colors are based on:

- Nutrients in the food
- Your blood sugar average and how the food affects your levels
- Amount of activity, sleep, and stress you've experienced recently
- Other foods you've logged lately

As your metabolism heals, you'll unlock more foods to enjoy within the first few months.

## **Will you help me find affordable alternative food options that are locally available?**

Absolutely! Our Twin app can assist you with this. You can use the Shopping Guide to filter foods by stores and brands in different categories. This helps you find affordable, locally available green foods quickly and easily.



## **I struggle with eating the right foods when I have to fast for extended periods of time due to religious reasons. Can I still participate in the program? How will my Health Coach support me?**

Yes, Twin coaches are trained to help you support your fast while eating the right foods. The Twin app can help you choose foods that will make you feel fuller longer and manage your blood sugar to lessen some of the side effects and cravings you may have with extended fasting.

### **Is this keto?**

Twin isn't keto. While some initial foods marked green might be labeled as keto due to their low sugar and carb content, we focus on:

- Resetting your metabolism
- Reduce inflammation
- Steadying blood sugar

As your body heals, foods with sugar and carbs can be reintroduced into your diet. Unlike keto's one-size-fits-all approach, Twin offers a personalized and sustainable evidence-based approach. We use information from sensors, lab work, and meal logs to help your body heal for life!