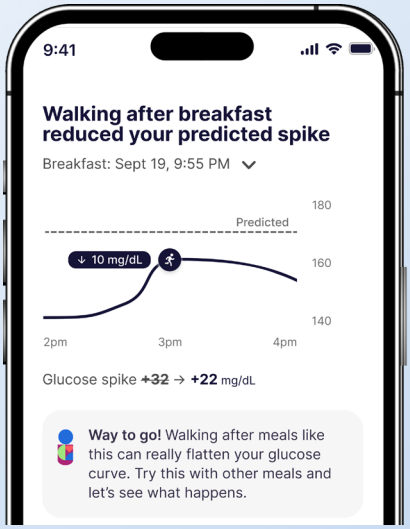
Help to: Normalize blood sugar | Lower A1C | Lose weight | Gain energy | Sleep better

Your fully covered benefit to help you 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 while you're in the Twin program, 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.

Twin members have experienced 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:

partner.twinhealth.com/walmart

Twin Health is a fully-covered benefit for Walmart associates, spouses, and dependents aged 18+ with prediabetes, type 2 diabetes (T2D), and/or obesity (BMI 35+) who are enrolled in the Premier PPO, Saver HSA, Contribution HRA, or Personalized Wellbeing Copay plans.

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