



## How it works: Level2

Level2™ is designed to help eligible participants with type 2 diabetes reduce spikes in blood sugar levels or even achieve remission, leveraging a combination of continuous glucose monitors (CGM), activity trackers, app-based alerts and one-on-one clinical coaching to help encourage healthier lifestyle decisions.



**Recruitment & Enrollment:** Participants are invited to try Level2 through targeted campaigns and may enroll online or by phone.



**Discovery Tools:** Participants receive a welcome kit including a CGM, an activity tracker and mission remission guide.



**Device Exploration:** Participants learn how well-being is connected to their CGM curve by receiving real-time insights.



**Personalized Coaching & Microinterventions:** Coaches deliver care plans and microinterventions through talk, text, or video chat.



**Specialist Consultations:** Clinical specialists help manage medications via video chat and in-app videos.



**Rewards:** Participants receive financial rewards for completing goals on a quarterly basis.



**Maintenance:** Ongoing coaching and device support may help participants overcome setbacks.



## Four Components

Data-Driven Recommendations

Rich Benefit Design

Personalized Care & Tailored Clinical Expertise

Real-Time Health Tracking

Certain Level2 participants achieved a clinically meaningful reduction in their A1c within 90 days, including people with the most significantly elevated A1c (above 8.0%) experiencing the greatest reduction (more than 1 percentage point decrease on average). To date, Level2 has helped participants improve their health to the degree they **eliminated the need for more than 450 prescriptions.**<sup>1</sup>

<sup>1</sup> UnitedHealthcare analysis of more than 790 Level2 participants enrolled in employer-sponsored and Medicare Advantage plans, 2020