Empower employees to reach new levels to better their health.

Type 2 diabetes remission is possible.

In the last 20 years, the prevalence of type 2 diabetes (T2D) has more than doubled.[1] Individuals with diabetes generate 2.3 times more in medical expenses than those without it, and the total economic burden has grown 26% over the last five years, making it one of the top 5 most expensive conditions in the US.[2]

Level2 is working to reverse this trend by focusing on interception and remission of disease. This data-driven approach attacks the root issues of T2D—hyperinsulinemia and metabolic dysregulation. The resulting regression in T2D can improve quality of life, positively impact common comorbid conditions, and reduce costs for both you and your employees.

A personalized approach to type 2 diabetes remission

Level2 gives employees a real-time view into how activity, food, sleep, and well-being impact their blood sugar levels at any point throughout the day. With access to personalized coaching, wearable technology, and a physician-supervised care team, participants are supported in every step.

Level2 is provided at no additional cost to eligible employees, as part of their medical benefit plan.

Taking health to the next level

Decreasing A1C
by over 1 point on average[3]

Improving Glucose Control
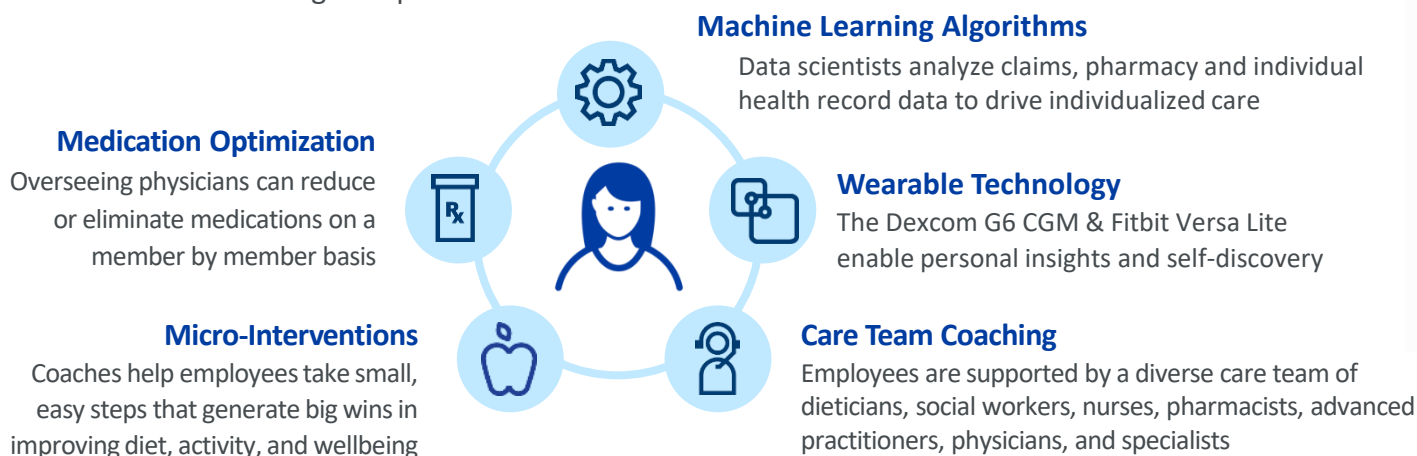improved time in normal glucose range by 20%[4]

Net Promoter Score of 78
driving employee satisfaction[5]

UnitedHealthcare®

How Level2 works

Level2 is an intensely personalized care experience.

These 5 core components enable employees
to reach new levels of feeling their personal best:

Machine Learning Algorithms
Data scientists analyze claims, pharmacy and individual health record data to drive individualized care

Medication Optimization
Overseeing physicians can reduce or eliminate medications on a member by member basis

Wearable Technology
The Dexcom G6 CGM & Fitbit Versa Lite enable personal insights and self-discovery

Micro-Interventions
Coaches help employees take small, easy steps that generate big wins in improving diet, activity, and wellbeing

Care Team Coaching
Employees are supported by a diverse care team of dieticians, social workers, nurses, pharmacists, advanced practitioners, physicians, and specialists

What is a continuous glucose monitor (CGM)?

Dexcom G6 CGM is a small, wearable device that tracks participant's glucose levels 24/7 and displays them on their smartphone.

- **Eliminate the guesswork of checking glucose levels**
- **No more finger pokes**
- **FDA-approved, waterproof, and easy to put on**
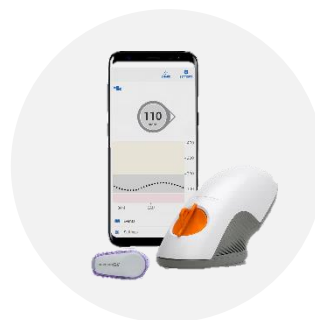
Get insights and stay motivated
Talk or text, employees have access to their personal care team to support their goals with planning, touch points and data-driven advice.

Earn everyday rewards
Employees move every day—now they can get rewarded for it. Participants earn rewards by meeting daily walking goals with a Fitbit Versa or Versa Lite.*

*available in participating states

**Visit uhc.LevelT2D.com to learn more or
contact your UnitedHealthcare representative.**

[1] CDC (Centers for Disease Control and Prevention), "Long-Term Trends in Diabetes" (Atlanta, GA: US Department of Health and Human Services, 2017), https://www.cdc.gov/diabetes/statistics/slides/long_term_trends.pdf.

[2] "Statistics | The Kidney Project | UCSF," accessed July 22, 2019, https://pharm.ucsf.edu/kidney/need/statistics.

[3] Pilot results January 2018 through September 2019: Cohort represents participants most at risk (A1C>8) from a pilot population of 73 participants

[4] Pilot results January 2018 through September 2019: Cohort represents participants most at risk (A1C>8) from a pilot population of 73 participants. "Time in Range" definition: % of time glucose falls between 70 mg/dL and 180 mg/dL. "Improved" definition: Increased Time in Range by 7% or Time in Range ≥ 75%.

[5] Pilot survey results January 2018 through September 2019: Survey responses received from 104 participants.

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