



ACTIVATE YOUR
DIABETES HEALTH BENEFIT

833-833-2149

DAYTWO PRECISION NUTRITION FOR TYPE 2 DIABETES,
PREDIABETES & WEIGHT MANAGEMENT

WHAT IF...

*you could predict
your response to food
before even taking a bite?*





Know exactly how foods will impact your blood sugar...

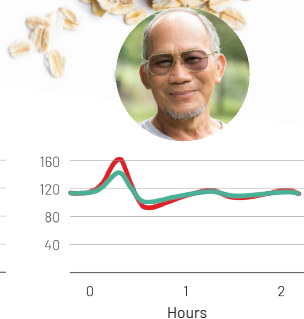
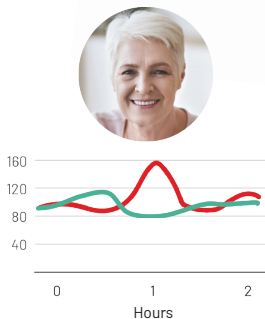
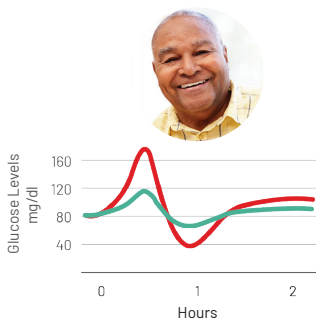
IT'S POSSIBLE

93%

of DayTwo members reduce their A1C levels by following our program

Your biology is unique—your diabetes care should be too. DayTwo offers the most personalized food recommendations available. Powered by the science of your own microbiome, this is not your traditional restrictive diet. Using gut profiling and AI, we show you how to use food as medicine to keep your blood sugar in check.

People respond differently to the same foods. *How can using the gut microbiome unlock the best diet for you?*



When you have diabetes, managing blood sugar is more than a challenge.

Do pancakes for breakfast mean you can't eat pasta for dinner? Between carb counting, finger pricks, and the trial and error of new diets, continuously monitoring spikes and dips in blood sugar can be exhausting. According to the ADA, food choices are the number one cause of stress amongst people with diabetes.

No wonder DayTwo's scientists set out to find which diet was best for humans. After conducting one of the largest clinical nutrition trials, they found two significant patterns. First, your microbiome is as unique as your fingerprint. Second, no two people

respond to foods alike. What causes your blood sugar to stabilize could cause others to spike, as shown in the oatmeal example above.

Unlocking the science of you means learning about the balance of your individual microbiome. Food responses can be normalized. At DayTwo, we help you eat what you love with small tweaks to balance your blood sugar.

There isn't one best diet—but rather knowing what works specifically for you.

— Blood sugar response to oatmeal
— With DayTwo's Precision Nutrition

more

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How it works

Bring your blood sugar into balance with DayTwo's precision nutrition

1

Simple at-home test

Using a mail-in profiling kit, we utilize the highest-resolution analysis to discover your gut's unique makeup of microbial diversity and abundance.

+

2

Real answers, real science

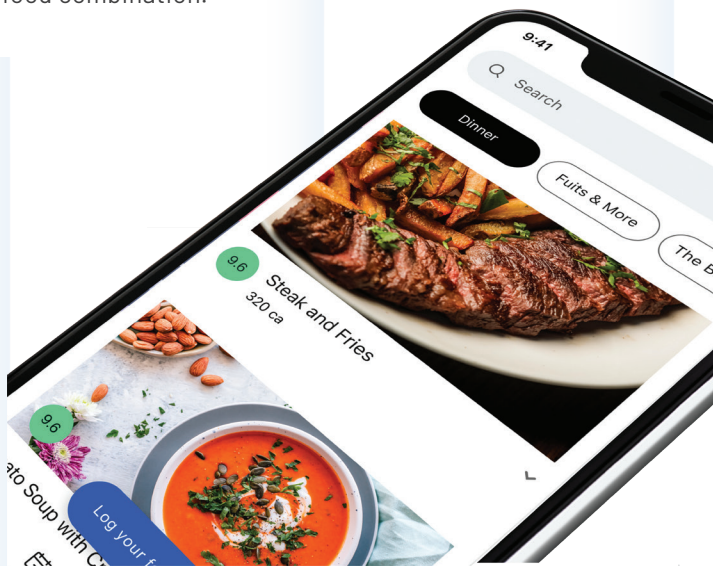
Based on your microbiome analysis, we generate your unique blood sugar response to any food or food combination.

+

3

Your own dietitian and care team!

Individualized support with a Registered Dietitian and care team. They are available via phone, video, & text to help you create lasting change.



Finding the right combination is easy with microbiome insights

Learn how to mix & match to stabilize your blood sugar.



+



+/or



+



+/or



+



+/or



Post-diagnosis, Gloria missed eating her morning toast the most. But with DayTwo, she discovered that pairing rye bread with avocado and turkey scored her a high 8.5. "I'm delighted," she says.

"It's a treat that I didn't think I'd get back."

Gloria

A1C dropped from 9.1 to 6.7

Weight loss of 11 lbs.

Off of 1 diabetes medication

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DayTwo's precision nutrition
cited 3 years in a row in the
ADA Standards of Care.



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NEW HEALTH BENEFIT**

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CLINICAL METRICS

▼ **1.4**
Drop in A1C

▼ **12 lbs**
Weight Loss

▼ **34%**
Medication
Reduction

▲ **69%**
Time in Healthy
Glucose Range

HUMANISTIC METRICS

▲ **72%**

Energy

Increased energy for
work and play

▲ **44%**

Quality of Sleep

Better sleep means higher
productivity & focus

▼ **36%**

Reduced Stress

Feeling in control of
diabetes leads to
decreased stress

▼ **48%**

Hunger

Members report losing
weight and having
reduced food cravings



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