

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.

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

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

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

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

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

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

7. **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.**[1]

[1] UnitedHealthcare analysis of more than 790 Level2 participants enrolled in employer-sponsored and Medicare Advantage plans, 2020

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