daytwo

DayTwo

From population to precision health: A whole-person approach to diabetes and weight management care

Our solution serves population health strategies across multiple comorbidities

We help your members optimize precision nutrition for multiple metabolic, chronic, and other conditions.

Our focus today

Clinical roadmap

Type 2 diabetes
Prediabetes
Clinical obesity

Non-alcoholic fatty liver disease
Hypertension (2024)

It's time for a transformational shift in chronic care management and approach

From	To
Gut health is gut health.	**Gut health is integral to overall health.**
Food is food.	**Food can be medicine.**
Health guidelines fit all.	**Health guidance should be personalized based on an individual's biology.**
Success often means saying no to food.	**Success lies in saying yes to food with subtle modifications.**
Behavior change is at the center.	**Science—specifically microbiome science—is at the center. It can make behavior change more achievable and sustainable.**

● DAY
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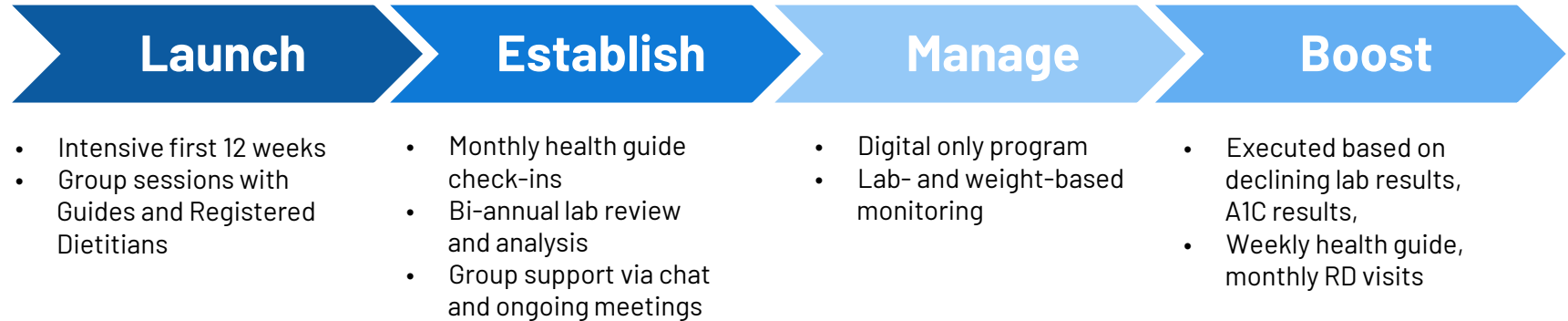# Precision health enables maintainable outcomes built around individual biology
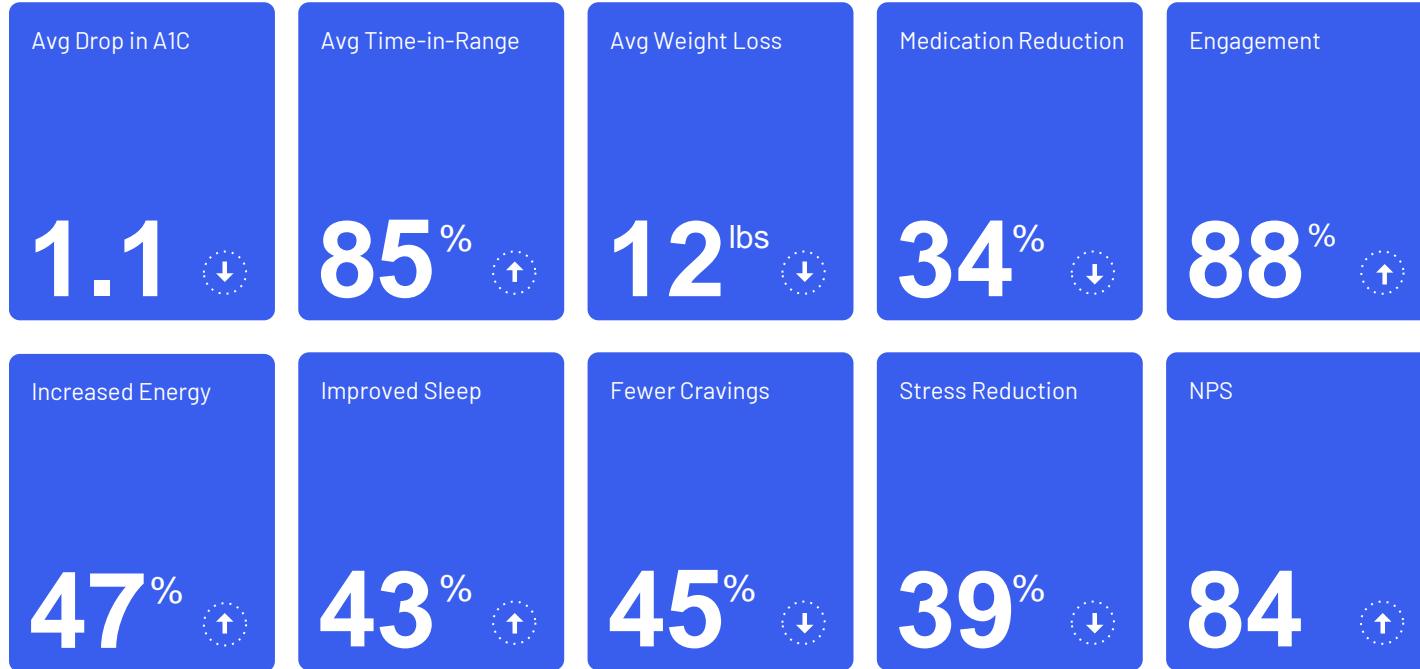
Avg Drop in A1C	Avg Time-in-Range	Avg Weight Loss	Medication Reduction	Engagement
1.1 ↓	85% ↑	12 lbs ↓	34% ↓	88% ↑

Increased Energy	Improved Sleep	Fewer Cravings	Stress Reduction	NPS
47% ↑	43% ↑	45% ↓	39% ↓	84 ↑

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DayTwo's Clinical Model
Personalized Care Management Drives Results

Health coaching and registered dietitians (RD) support members through a clinical program utilizing Microbiome Science-driven food recommendation application
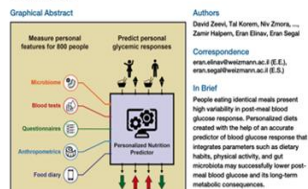
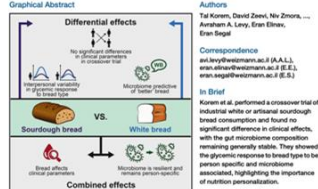| Launch	Establish	Manage	Boost

- **Launch**
  - Intensive first 12 weeks
  - Group sessions with Guides and Registered Dietitians

- **Establish**
  - Monthly health guide check-ins
  - Bi-annual lab review and analysis
  - Group support via chat and ongoing meetings

- **Manage**
  - Digital only program
  - Lab- and weight-based monitoring

- **Boost**
  - Executed based on declining lab results, A1C results,
  - Weekly health guide, monthly RD visits

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DayTwo Clinical Validation

Multiple Studies proved that people respond to the same foods differently

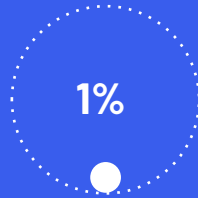| Cell	Cell Metabolism	nature	JAMA Network	The American Journal of CLINICAL NUTRITION
Study	**Article**	**Article**	**Study**	**Study**
1. Our groundbreaking study sequenced bacteria genomics and proved that people respond to the same foods differently.	**2. We tested again and validated our findings.**	**3. We did another study and learned that we can change our microbiome.**	**4. We replicated the study with the Mayo Clinic, with the same findings.**	
Cell / Article / Personalized Nutrition by Prediction of Glycemic Responses	Cell Metabolism / Clinical and Translational Report / Bread Affects Clinical Parameters and Induces Gut Microbiome-Associated Personal Glycemic Responses	ARTICLE / Environment dominates over host genetics in shaping human gut microbiota	JAMA Network Open / Original Investigation | Diabetes and Endocrinology / Assessment of a Personalized Approach to Predicting Postprandial Glycemic Responses to Food Among Individuals Without Diabetes	Model of personalized postprandial glycemic response to food developed for an Israeli cohort predicts responses in Midwestern American individuals
WEIZMANN INSTITUTE OF SCIENCE — SCIENCE FOR THE BENEFIT OF HUMANITY	WEIZMANN INSTITUTE OF SCIENCE — SCIENCE FOR THE BENEFIT OF HUMANITY	WEIZMANN INSTITUTE OF SCIENCE — SCIENCE FOR THE BENEFIT OF HUMANITY	MAYO CLINIC	MAYO CLINIC
2015	**2017**	**2018**	**2019**	**2019**

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Our microbiome is as unique as we are

In the genome, we differ from one another only by **1%**

1%

In the microbiome, we differ from one another by **80-90%**

80-90%

Reference: 1. Ursell LK, Metcalf JL, Wegener Parfrey L, Knight R. Defining the Human Microbiome. *Nutr Rev*. 2012; 70(1): S38-S44. doi: 10.1111/j.1753-4887.2012.00493.x

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DayTwo uniquely pioneered the next great leap in metabolic science

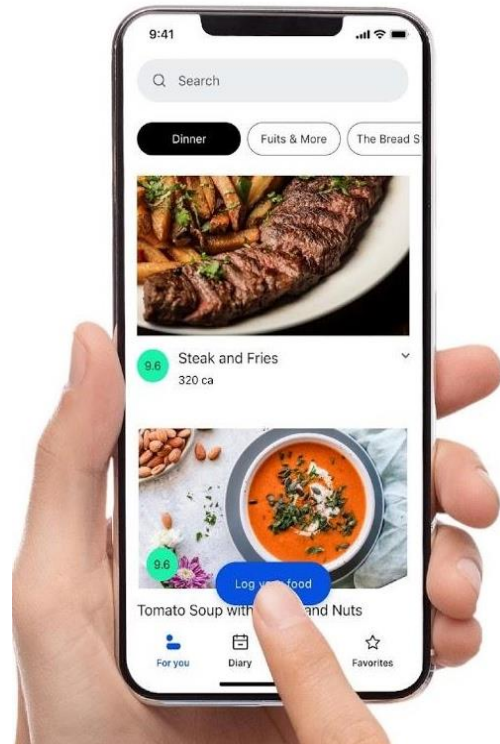Mapping the gut biome to blood sugar response

Conducted the largest randomized clinical trial

Utilizing a rich database of 1M+ foods

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DayTwo expands food choices to optimize glycemic response

Member
Food Prescriptions

A.I.
Recommended
Meals

Existing Meals

Eat the foods you
love with minor
tweaks

Dietitian Meal
Refinements

9:41

Search

Dinner   Fuits & More   The Bread S

Steak and Fries
320 ca
9.6

Tomato Soup with   and Nuts
9.6
Log   food

For you   Diary   Favorites

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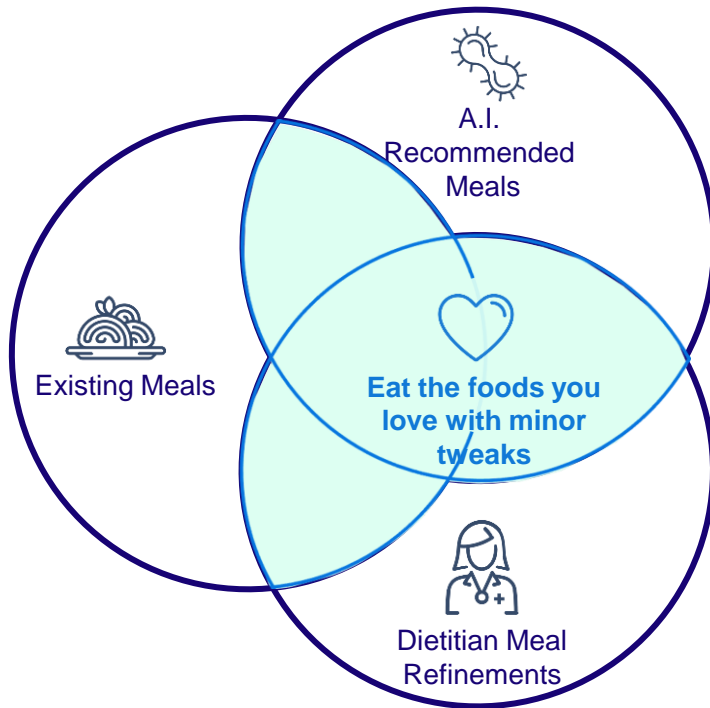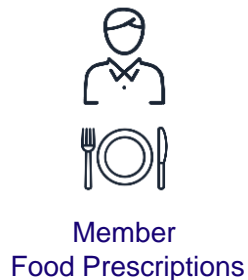
DayTwo Microbiome Science:
Personalized Food Scores Drive Remarkable Metabolic Improvement
Derived using microbiome analysis, CGM results, lab scores and demographics

POWERED
by the brilliance of you!

Your Microbial Diversity Result Is
Good

High microbial diversity and richness are correlated with various health measures.
Read more

Select Your Fiber Rich Foods
Add these fiber rich foods to your diet to keep it up.

Almonds

SEARCH
1M+ food items, see which match your biology

← Bread

Restaurants

Panera   KFC   Starbuc...   Burger Ki...   Sushi Bur...   85C...

All (506)   Meal (20)

Your results

8.8   Ten Vegetable Soup, Bowl
PANERA BREAD
1 order · 100 Calories · --oz

8.8   Catering Fuji Apple, Half
PANERA BREAD
1 order · 220 Calories · --oz

8.6   Broccoli Cheddar Soup, Bowl
PANERA BREAD
1 order · 360 Calories · --oz

8.5   BBQ Chicken Salad, Whole
PANERA BREAD

SCAN

←

8.0   Trail Mix, Classic
Nutritilon · 150 cal · 30 gr

Trail Mix, Classis
FRC VEF
0.25 Cup · 150 cal · 30 g

PREDICT
blood sugar response before taking a bite

Q Search

Ftuits & More   The Bread Story   Something Light

8.7   Fried egg and avocado sandwich
1 serving · 380 cal · 200 gr   ···

Log your food

9.0   Tomato...
1 serving · 268 cal · 170 gr   ···

CGM T...

DayTwo's revolutionized approach for metabolic diseases

	Current digital diabetes solution[2]	daytwo
PROACTIVE Strategies		
Microbiome Analysis (Full shotgun Metagenomic sequencing of all 2,000 bacterial genera)	✗	✓
Precision Nutrition (Matching food to individual mix of bacterial DNA including strains, species and metabolic processes)	✗	✓
Predictive AI Proprietary algorithm based on largest / richest microbiome dataset & predicts glycemic response to any food combination	✗	✓
Non-restrictive Diet Precision nutrition means the ability to eat foods you like including carbs without eliminating entire foods or food groups	✗	✓
Glucose/Other Vitals Tracking Using glucometers or continuous glucose monitors to monitor blood sugar	✓	✓
REACTIVE Strategies		
Lifestyle Coaching The use of health coaches, registered dietitians or certified diabetes care and education specialists to support members	✓	✓
Medication Management The process of adjusting medication based on fluctuations in a member's A1C	✓	✓

No other solution today offers **predictive, precise, personalized,** insights.

Thank you

Contact

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Vice President

Consultant & US Strategic Partnerships

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Appendix

Their inspiring stories speak volumes about our solution

Theresa

"I'm not hungry all the time, and I'm not tired all the time. The support system, individual scores, and results are amazing."

A1C ↓ 7.9 to 5.8

Liz

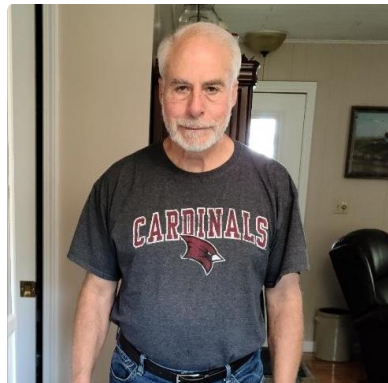"I feel I have a lot more energy, able to do my job better—don't get as tired. This has been transformative."

A1C ↓ 8.2 to 7.5

Tom

"It's a program designed around my body's reaction to food. I'm never hungry, have so much more energy, and I'm losing weight."
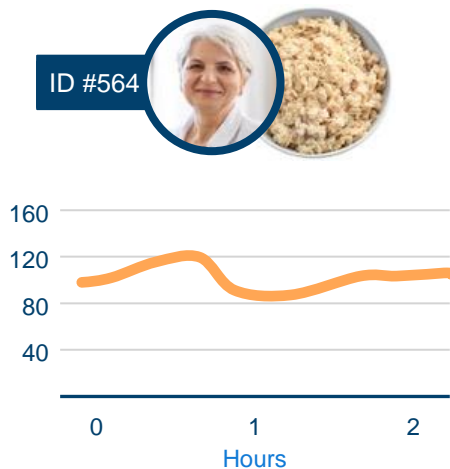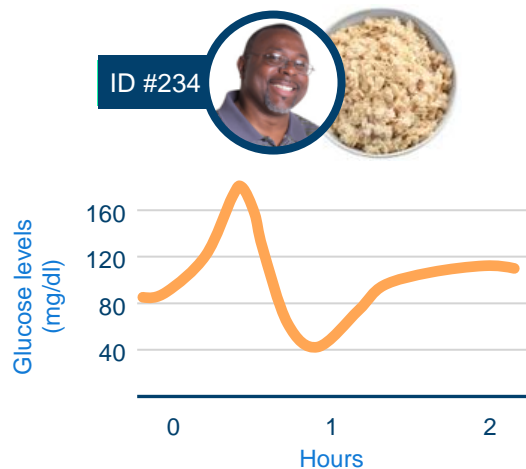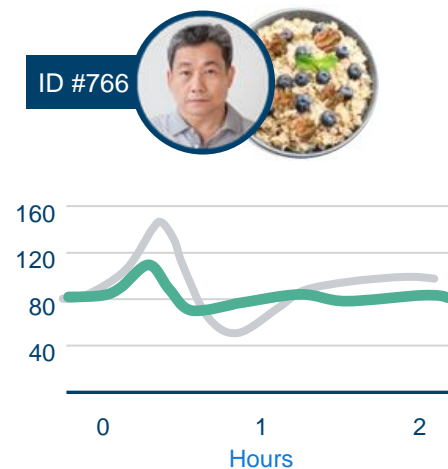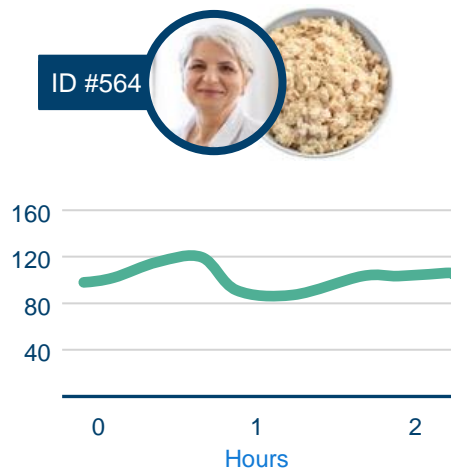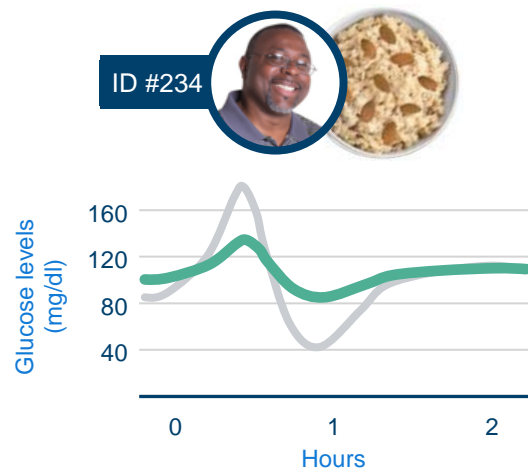
A1C ↓ 8.1 to 6.7

Carl

"My dietitian kept me motivated and responsible. You have changed my life. I am really grateful for you."

A1C ↓ 7.3 to 6.1

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Our unique microbiome can mean we respond to the same foods differently [1]
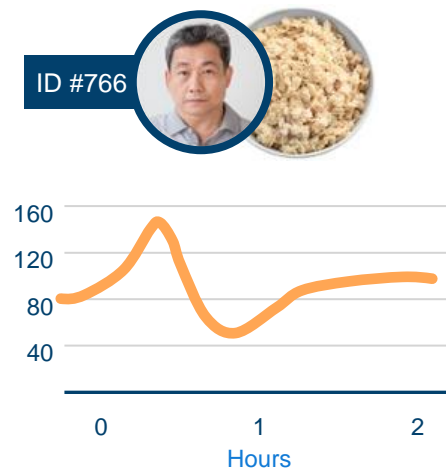
Subtle food modifications smooth out blood sugar response

[1]

ID #234

ID #564

ID #766

Glucose levels (mg/dl)

160
120
80
40

0   1   2
Hours

160
120
80
40

0   1   2
Hours

160
120
80
40

0   1   2
Hours

DAY TWO

Microbiome Insights

Microbial diversity

Your score (below average)

4.2/10

High microbial diversity and richness are correlated with various health measures. Your gut microbial diversity measures are low in relation to the total population.

Eggs
Eggs Are A Good Source Of B Vitamins, Especially Pantothenic Acid.

Avocado
Contain Almost 20 Vitamins And Minerals

Microbial abundance ratio

Your score (below average)

8/10

● Bacteroidetes
● Firmicutes

YOU   ALL

Your B/F ratio is low compared to the general population (0.75/1), which is correlated with obesity.

Bacteroidetes
Bacteroidetes Is Composed Of Three Large Classes Of Gram-Negative

Firmicutes
The Firmicutes (Latin: Firmus, Strong, And Cutis, Skin

Microbiome insights to drive personal buy in and ton kickstart the member's journey

Inspiring confidence in the specificity of our recommendations is critical

● DAY
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Food Recommendations and Logging

- DayTwo has the most comprehensive food database of any service on the market, offering hundreds of restaurants, thousand of packaged items and tens of thousands of individual foods

- The DayTwo food diary recommends the healthiest meals - personalized to the user - and the food log is available to the health guides and dietitians driving the members clinical service
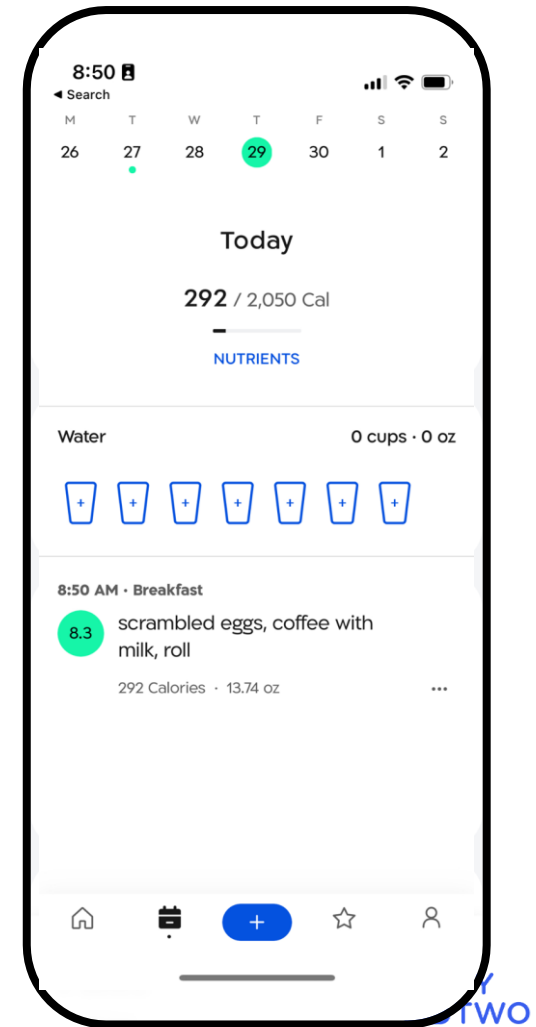
Augmented Reality and Voice Command Technology
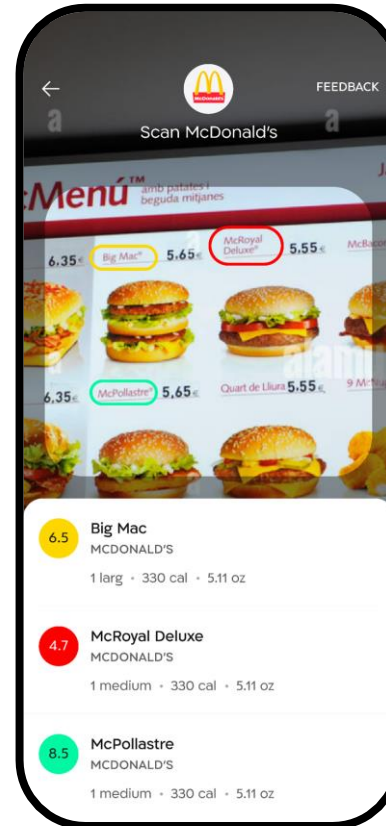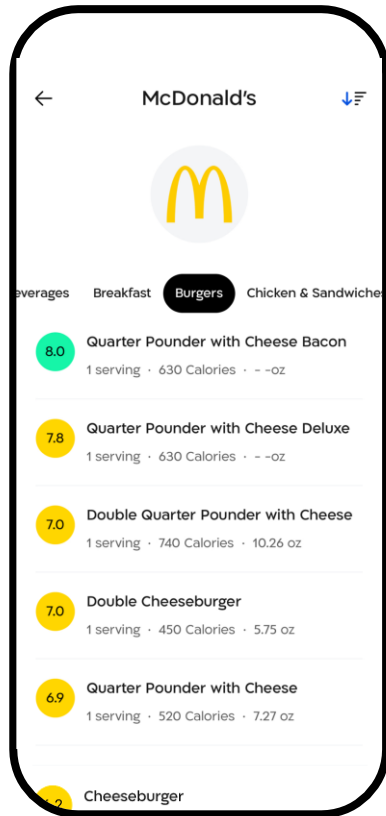
Voice Commands (Siri) can also be used to check individual items or meals

AR enables members to access their food scores and make the healthiest choices with a minimum of effort

Proven

Delivering outcomes that matter to you and your members
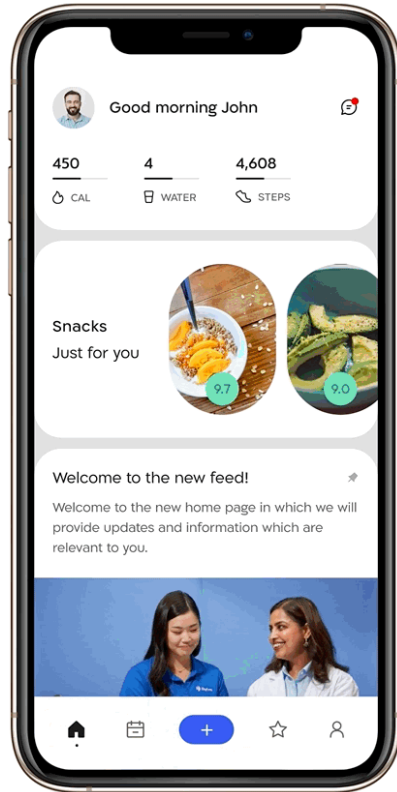
88%

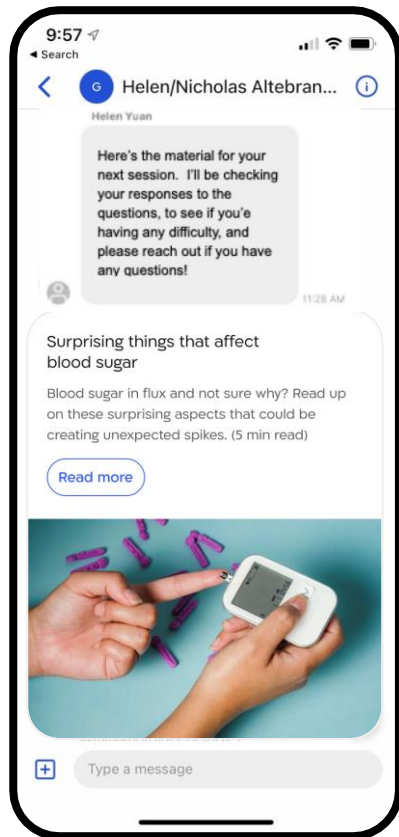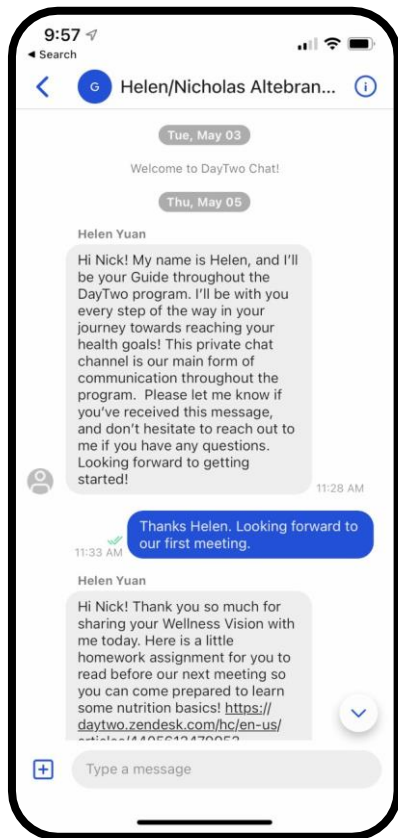Overall engagement

84

NPS

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DayTwo Digital Engagement
Drives Education, Engagement and Long-Term Retention

Supporting coaching and RD services in the early phases and becoming an increasing focus in the sustain and control phases, DayTwo's digital experience drives ongoing engagement

Virtual Sessions

As an alternative to live sessions, members can be assigned virtual sessions where the learning is supervised but not delivered in real-time, optimizing time and satisfying member preferences

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More is not more

We simply can't afford more of the same

More food restrictions

+

More medications

+

More therapeutic interventions

More cost, and all too often, more failure