



A healthcare benefit for type 2 diabetes, weight management, and diabetes prevention.

DayTwo and Stewart's Shops have partnered to bring you cutting-edge innovation that's personalized – helping to determine which foods are better for *you*. DayTwo teaches you how to keep your metabolism in balance to help manage or prevent type 2 diabetes or lose weight, utilizing advanced analysis of your gut microbiome and an app designed for everyday use.

At Stewart's Shops, we always have your health and happiness in mind.

What DayTwo Offers:

REAL, LASTING RESULTS - Reduce food cravings, lose weight, sleep better, increase energy, and improve overall well-being

EASY-TO-USE APP - In-app chat with a health professional

PERSONALIZED FOOD SUGGESTIONS - Eat the foods you love, with small tweaks



This program is available for employees and dependents who meet the following criteria:

- 18 years or older
- Enrolled in the Stewart's health plan
- Meet DayTwo program requirements

Visit daytwo.com/Stewarts

Answer a few questions, see if you're a match, and DayTwo will send you a stool collection kit to get started!

Check your eligibility and enroll today!

Scan QR code with your mobile phone.

