

Welcome to Transform Diabetes Care®

The right kind of support on your terms.



What is Transform Diabetes Care (TDC)?

TDC is a better way to manage your diabetes and overall health — available at no cost to you. The health information you share helps us personalize your health coaching. You'll get help with diet and lifestyle habits, reminders about screenings and more.

What can TDC help me with?

TDC can help you manage your diabetes through:

- **Connected devices:** Monitor and track your diabetes and overall health with smart device(s)
- **Care on your terms:** Get guidance creating healthy lifestyle plans, nutritional support and more
- **Dedicated specialists:** Get remote help from a team of pharmacists, nurses and specialists or head to your nearby CVS Pharmacy®, MinuteClinic® or CVS® HealthHUB™ location

TDC can assist you with:



Lifestyle choices and overall health: Get help quitting smoking, track your diet and exercise on the app or find information on conditions like sleep apnea and more.



Your medications: We can help you understand how to take your insulin as well as give you reminders about lab tests that may be affected by your medications.



Preventive screenings: We can remind you about upcoming screenings like foot and eye exams, alert you to tests you need and help you make sense of any lab results.

What do I need to do?

Nothing at the moment.

If you take diabetes medications or are already enrolled in a diabetes program you'll automatically be enrolled in TDC and will receive a welcome package with more details, including a toll-free hotline for your questions.

If I don't fill prescriptions at CVS Pharmacy, can I still participate in TDC?

Yes, you'll still get the benefits of TDC.

This includes:

- Glucose and blood pressure monitoring, if available under your plan
- Health coaching from nurses
- Preventive screenings at MinuteClinic
- Help staying on track with your medications

CVS Medication-Nutrition Management™ program

Do you want to cut down or stop taking certain complex, high-cost diabetes medications through dedicated nutrition and lifestyle support? Enroll in the **CVS Medication-Nutrition Management** part of the TDC program.

What else should I expect?

Support is ongoing and includes:

- Instructions for downloading the Health Optimizer digital app for enhanced diabetes care with daily, customized support
- Information about ordering and using your new connected devices (if applicable to you)
- Coaching and support calls (when needed) from a nurse to help you stay on track
- Communication with your doctor (only with your permission) to share results

Is my information safe?

Yes, your data is protected.

CVS Health works confidentially with your medical carrier to identify and reach out to individuals who may benefit from this program.



How is the CVS Medication-Nutrition Management program different than TDC alone?

With this program, you'll have support from a dedicated registered dietitian, along with a team of clinicians who will help you develop a personalized nutrition plan as well as help you with lifestyle changes.

You'll also have oversight from a provider that will allow to you safely reduce or eliminate certain medications. This will be done in coordination with your own doctor.

Are there any requirements that will help me meet my weight loss and medication reduction goals?

- To participate in this program, you'll need to have recent blood tests on file or get labs drawn
- You will have 1 visit per month (that may be virtual or telephonic) with your registered dietitian
- You'll log your biomarkers monthly in the Health Optimizer digital app

Is there any cost to participate in this part of the program?

No. We'll assist you throughout the program, at no cost to you.

Are there any additional benefits of enrolling?

Once you're enrolled, you'll receive new supplies such as a weight scale.

What type of counseling and support can I expect through the Health Optimizer app?

Diet and nutrition support

- Meal planning
- Calories and macro tracking
- Personalized menu and 400+ recipes
- Restaurant Helper

Custom nutrition curriculum

- Learn nutrition basics
- Personalized nutrition assessment
- Dietary pattern courses

How do I enroll in the CVS Medication-Nutrition Management program?

We'll be in touch soon with more information once it's time to enroll.

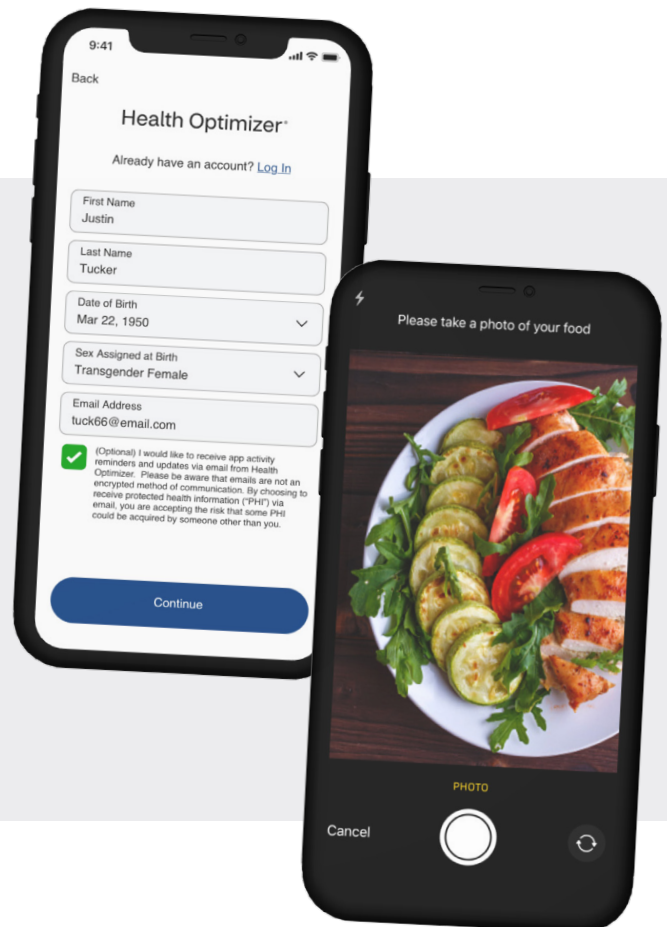
Smart device connections*

- Fitness tracker
- Weight scale

Am I eligible for the program?

You're eligible if:

- You're 18 years or older
- You have Type 2 Diabetes
- You do NOT have any of the below conditions:
 - Type 1 Diabetes
 - Stage 3-5 Chronic Kidney Disease (CKD)
 - End-stage renal disease or are receiving dialysis
 - Undergoing treatment for cancer
 - Had a heart attack, stroke or other cardiovascular procedure event in the past 2 years
 - Are currently pregnant or breastfeeding, or planning to become pregnant



Member feedback

“This program has provided me with the **tools, knowledge, and support to achieve a healthier lifestyle**. Prior to the program, I was on the verge on being placed on insulin as I could not control my blood sugars. After three months, I have lost weight, gained energy, and most importantly my glucose levels are under control. Instead of going on insulin, **I have eliminated one medication and reduced another** and I feel more in control of my health. Instead of just living with diabetes and all the complications, this program has given me the confidence that I can thrive despite the diabetes.”

– Chris, CA



*A smartphone is required.

Certified Diabetes Care Nurses do not diagnose or treat conditions. Their role is to connect members to appropriate resources and help identify and close gaps in care. Testing supplies may be provided at no cost, or a copay, coinsurance or deductible may apply depending on client plan design. Copayment, copay or coinsurance means the amount a member is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan.

By participating in the Transform Diabetes Care program, you are consenting to share your personal information, including health information, with CVS Caremark to help you manage your health. Information shared with CVS Caremark is protected by Health Insurance Portability and Accountability Act (HIPAA) and may result in a CVS Caremark pharmacist reaching out to you. CVS Caremark may also coordinate with your health care provider.

Certain benefits, connected devices, the mobile app and health coaching included in the Transform Diabetes Care program are available based on satisfaction of program eligibility requirements and your plan provider's plan. This program is solely funded and offered by your plan provider at no cost to you. Benefits, services, prescriptions and devices that are not included in the Transform Diabetes Care program are subject to applicable copayment, coinsurance and deductibles, as well as health benefits and health insurance plan exclusions and limitations. See your plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Program availability is subject to change.

This program is not a substitute for medical care provided by your doctor and is not a replacement for the advice or treatment you may be receiving from your doctor. In the event of a medical emergency, contact 9-1-1.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

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