



MASSACHUSETTS

IT'S TIME TO REACH YOUR WEIGHT-LOSS GOALS

Taking a weight-management medication is a great step toward getting healthy. When combined with lifestyle changes, like following a personalized nutrition plan, and receiving clinical support, it can be even more effective, and may also improve comorbid conditions. With the CVS Weight Management Program™, you get a dedicated care team to coach you through it all.



If you're taking a weight-management medication and have received prior authorization, you're required to enroll and participate in this program¹ or you'll be responsible for the full out-of-pocket cost of your medication.²

A PERSONALIZED PROGRAM MADE FOR SUCCESS



Dedicated care team

You're paired with a registered dietitian who provides one-on-one support, from creating a personal lifestyle plan to meeting with you regularly and helping you stay on track. They also coordinate your care with your provider. An endocrinologist will oversee your treatment plan, may prescribe or adjust medications, and can help manage comorbid conditions.



Health Optimizer™ app

Easily log biometrics, have virtual chats and schedule virtual visits with a registered dietitian, view nutrition information and meal recommendations, and track your labs, medications, and activity. The app is also available in Spanish.



Custom nutrition plan

A registered dietitian will create a personalized plan that takes your dietary requirements — like plant-based or low-carb — and cultural needs into account. You'll also discuss access to healthy foods and lifestyle changes.



Smart body-weight scale at no cost to you

The scale connects to the app so you can track your progress. It can also read body mass index, muscle mass, and other health indicators. Other devices, like a blood pressure cuff, may also be available.

1. If you're taking a weight-management medication prior to this program being added to your pharmacy benefit, you're still required to enroll and participate in this program for your weight-management medication to be covered by your plan.

2. If you're identified as ineligible for the program, you aren't required to participate and can continue filling your weight-management medication at the cost-share according to your pharmacy benefit.

PROGRAM REQUIREMENTS

- Meet virtually or start a chat at least once a month with a provider on your care team
- Submit biomarkers, like weight and blood pressure, through the app as requested by your care team
- Remain engaged in the program for as long as you're taking the weight-management medication, up to 24 months



HOW TO ENROLL

If you're taking a weight-management medication, you may receive a letter, email, and text with more information. To enroll, you'll need to:

- 1 Download the Health Optimizer app
- 2 Answer program eligibility questions³
- 3 Schedule your initial meeting with a registered dietitian

3. After you complete step 2, you'll receive a letter confirming your eligibility and whether you're required to participate in the program. Your medication cost-share will be effective when your program eligibility is determined.

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

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