



MASSACHUSETTS

TRANSFORM DIABETES CARE[®] HELPS YOU MANAGE YOUR DIABETES

Keep your type 1 or type 2 diabetes in check with Transform Diabetes Care. This comprehensive, personalized program gives you the resources you need to lower your average blood glucose level (A1C), which can help you avoid complications.



HOW THE PROGRAM WORKS

Transform Diabetes Care provides you with personalized support for diabetes.¹ The program features:



No-cost preventive screenings, glucose and blood pressure monitoring.



Guidance on how to make impactful lifestyle and nutrition changes.



Tips on how to stay on track with your medications.

Questions?

If you have any questions, call Team Blue at the Member Service number on the front of your ID card.

1. Enrollment in Transform Diabetes Care is automatic and is offered at no additional cost. You may also choose not to participate in the program at any time.

GET SUPPORT IN PERSON OR REMOTELY

Whether you prefer to receive support in person, online, or on the phone, Transform Diabetes Care offers help in many ways:

- **CVS Pharmacy®** – Talk one-on-one with a pharmacist about ways to stay on track with your medications.
- **Minute Clinic®** – You'll receive vouchers for diabetes monitoring and certain preventive screenings.
- **CVS HealthHub™** – Get preventive diabetes screenings and eye exams from a registered nurse, who will also monitor your blood glucose level.
- **Health Optimizer™ App** – Download the app to get tailored guidance, participate in wellness challenges, and receive coaching from a Certified Diabetes Care Nurse.
- **Remote Support** – If you don't fill your prescriptions at a CVS retail pharmacy, or choose not to visit a retail pharmacy for in-person services, you can still get support by phone, text, and email.

ACCESS TO TESTING SUPPLIES AND GLUCOMETERS

To help you stay on top of your glucose numbers, the Transform Diabetes Care program includes access to diabetes testing supplies and glucometers. The OneTouch Verio Reflect® meter is available, but a cost may apply.² If clinically appropriate, you'll be offered a BioTel Care® cellular-enabled blood glucose meter at no additional cost.³



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^{2, 3} Exceptions may apply. Check your plan materials for details.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

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).