

# Living with diabetes

With about one in 10 Americans living with diabetes and about one in three diagnosed as prediabetic, you or someone you love may need extra care to live well. While there's no cure for diabetes, treatment and lifestyle changes can make a difference, and CVS Health® has resources to help.

✓ Physical wellness

Emotional wellness

Financial wellness

## Diabetes basics

When you eat a carbohydrate, your body turns it into glucose that goes into your bloodstream. Your pancreas then releases insulin to move the glucose into your cells, so your body can use it for energy. If you have diabetes, this process doesn't work as it should.

- **Type 1 diabetes** is an autoimmune disease that causes the destruction of the cells that make insulin. Type 1 diabetes is a genetic condition that often shows up early in life.
- **Type 2 diabetes** occurs in people with a genetic predisposition that is influenced by weight and activity level.



## Managing diabetes through treatment

If you or a family member have diabetes, managing your health and your care is key to keeping your quality of life up and your medical costs down.

If you're **enrolled in CVS Health medical coverage**, you have these resources available at no added cost to you.

- **In-network annual preventive care and screenings**, which can help monitor diabetes. And, don't forget your regular eye exams — a critical part of diabetes care and also covered in-network at no cost under your CVS Health medical and/or vision coverage.
- **Medications and supplies on the Value Formulary**, including insulin, oral and injectable diabetes medications, test strips, insulin pumps and supplies, are covered at 100% with no deductible. Medications and supplies that are not on the Value Formulary are also covered at 100% if approved as a formulary exception.

- **Pharmacy Advisor**® offers collaboration between you, your CVS pharmacist and your doctor.
- If you are enrolled in a CVS Health medical plan by Aetna and meet eligibility criteria, **Transform Diabetes Care** offers highly personalized counseling to help reduce the complexity of self-management, including glucose monitoring and lifestyle and diet changes, to improve health outcomes, and to prevent the onset of diabetes for those at risk.
- **Aetna Lifestyle and Condition Coaching** can help you manage your diabetes through one-on-one phone coaching, group coaching webinars or self-directed digital coaching. You also can get advice on lifestyle changes to help manage your condition. Go to [myactivehealth.com/ CVS](https://myactivehealth.com/ CVS), use the ActiveHealth app or call **1-866-533-1410**.

If you are enrolled in a CVS Health medical plan by Aetna, call Aetna One® Advocate at **1-800-558-0860** for concierge-level support on almost any health need.

Even if you're **not enrolled in CVS Health medical coverage**, these resources are available.

- **MinuteClinic® Diabetes Monitoring** gives you access to tests and exams, which can be sent to your doctor. Learn more at [CVS.com/MinuteClinic](https://www.cvs.com/MinuteClinic).
- **No-cost confidential counseling sessions** to help alleviate the stress of living with a chronic condition. You and each household member can get up to 20 no-cost confidential counseling sessions (in-person, phone, video or chat therapy) per issue, per plan year through Resources For Living® providers. Care Partners can help direct you to resources and find an available appointment with a provider who meets your needs. Visit [resourcesforliving.com/CVSHealth](https://resourcesforliving.com/CVSHealth) or call **1-800-789-8990** (TTY: 711) anytime, 24/7.

## **Managing type 2 diabetes through a healthy lifestyle**

Eating well, exercising regularly and losing weight can help you manage type 2 diabetes. All colleagues have access to the following resources (enrollment in CVS Health medical coverage is **not** required):

- The **MinuteClinic Weight Loss Program** provides no-cost one-on-one coaching to help you identify your goals, create a personalized eating and physical activity plan, and receive ongoing support. Learn more at [CVS.com/MinuteClinic](https://www.cvs.com/MinuteClinic). Note: This program is also available at no cost to your spouse/partner if enrolled in CVS Health medical coverage.
- A no-cost wellness activity platform through **Grokker** provides thousands of inspiring videos and more than 100 programs to help you be active, eat well and improve your mental health — all at no charge to you. For information, see [BenefitMoments.com](https://www.benefitmoments.com) or [Grokker.com/CVSHealth](https://www.grokker.com/CVSHealth).
- **Gym discounts** through Active&Fit Direct™ ([CVSHealthBenefitExtras.com](https://www.cvshealthbenefitextras.com)) and Wellhub (formerly Gympass, [wellhub.com](https://www.wellhub.com)) offer savings with participating fitness centers and online resources.
- Work out at home or on-the-go with no-cost, live, **online fitness classes**, led by the fitness team: strength training, yoga, core, bootcamp, Pilates, low-impact cardio, stretch breaks and many more. See the class schedule on [BenefitMoments.com](https://www.benefitmoments.com).

- Find no-cost self-guided programs for running/walking (great for beginners), resistance training, stretching and flexibility, and more on the [My Fitness](#) site (company network/Office 365 access required).
- **FitClub**, a CVS Health Colleague Resource Group (CRG), can support you in your physical wellness; see [Colleague Zone](#) for details.

Your state of mind can affect your physical health, your sleep habits, and even influence lifestyle choices. In addition to no-cost counseling through Resources For Living, you also have several no-cost, self-guided resources:

- **Mind Companion Self-care** through [Resources For Living](#) to help you build resilience and healthy behaviors in just a few minutes a day.
- Tools and small, science-backed microsteps from **Thrive** to help you manage stress, improve focus, strengthen connections and improve overall wellness. Download the Thrive mobile app from the App Store or Google Play. Or, go to [app.thriveglobal.com](https://app.thriveglobal.com). Select CVS Health/MinuteClinic for the company name and enter your work email address, or if you don't have one, use your personal email.
- Mindfulness resources on the [Discover Mindfulness](#) site (requires company network/Office 365 access).

### **Know and use your resources**



[BenefitMoments.com](https://www.benefitmoments.com)



**Aetna One® Advocate:** 1-800-558-0860  
**Other health plans:** See back of ID card  
**CVS Caremark (Rx):** 1-866-284-9226



**Benefits help:** [ColleagueZone.CVS.com](https://www.colleaguezone.cvs.com)  
or call the HR Service Center at  
1-888-694-7287

*This summary provides a brief overview of CVS Health diabetes resources available to all colleagues, or where noted, to colleagues enrolled in a CVS Health medical plan, and is for informational purposes only. If there's any difference between this and plan documents, official plan documents govern. CVS Health reserves the right to amend, modify or terminate all or part of its benefit plans at any time. This description isn't an employment contract or guarantee. Colleagues may need to meet certain eligibility requirements to participate. Colleague contributions are not used to pay plan expenses for vendors or other service providers that are subsidiaries of CVS Health, except as may be permitted by ERISA. Union colleagues aren't covered unless their collective bargaining agreement specifically provides for a benefit.*