

# Maintaining a healthy weight



A healthy body weight can help prevent and control many diseases and conditions. It can strengthen immunity, boost your energy level and contribute to better emotional health. While weight management can be a challenge, CVS Health® offers resources to help.

- ✓ Physical wellness
- ✓ Emotional wellness
- Financial wellness

## Coaching support to cheer you on

Whether you're early in your journey or already adopted a healthy lifestyle, research shows that one-on-one coaching can help you make sustainable progress toward your goals. The following programs are available at **no cost** to you — and many programs are also available to family members.

Program	Highlights	Find more information or get started
<b>Weight Loss Program at MinuteClinic®</b> <i>For all colleagues as well as spouses/partners enrolled in a CVS Health medical plan</i>	This program focuses on easy-to-follow healthy choice recommendations. Get one-on-one in-person coaching to set goals, create an eating and physical activity plan and receive ongoing support.	Visit <a href="https://www.cvs.com/MinuteClinic">CVS.com/MinuteClinic</a> to make an appointment
<b>Aetna Lifestyle and Condition Coaching</b> <i>For colleagues and dependents over age 18 enrolled in a CVS Health medical plan</i>	Connect with a coach online or via phone to help you eat better, get more active and take charge of your health. Includes support for managing chronic conditions.	<ul style="list-style-type: none"> <li>• Visit <a href="https://myactivehealth.com/CVS">myactivehealth.com/CVS</a> or access via the Active Health app</li> <li>• Call <b>1-866-533-1410</b></li> </ul>
<b>Transform Diabetes Care</b> <i>For colleagues and spouses/partners enrolled in a CVS Health medical plan by Aetna; must meet eligibility criteria</i>	Get personalized counseling to help reduce the complexity of self-management, including glucose monitoring and lifestyle and diet changes, improve health outcomes, and prevent the onset of diabetes for those at risk.	Aetna will contact you if you qualify.

### Know and use your resources



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



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



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

## Fitness and nutrition resources

Health experts recommend at least 150 minutes of moderate-to-intense aerobic activity each week, and a nutritious diet rich in fruits, vegetables and lean proteins, as two important keys to a healthy body weight. These no- or low-cost programs are available to all colleagues, unless noted.

Program	Highlights	Find more information or get started
<b>Online live fitness classes</b>	Work out at home or on-the-go with no-cost online classes led by the fitness team: strength training, yoga, core, bootcamp, Pilates, low-impact cardio, stretch breaks and many more.	See <a href="#">BenefitMoments.com</a> > <b>My Wellness &gt; Physical Health</b> for the class schedule
<b>My Fitness</b>	Find no-cost self-guided programs for running/walking, resistance training, stretching and flexibility, and more.	Visit the <a href="#">My Fitness</a> site for details (Company network/Office 365 access required)
<b>Onsite fitness and well-being programs</b>	At some locations, access fitness centers and other onsite programs/events to help you stay physically fit and healthy.	You'll receive details if options are offered at your location
<b>Wellhub (formerly Gympass)</b>	Work with leading experts in fitness, mindfulness, sleep, nutrition and more. Take advantage of a variety of wellness apps and individualized coaching. Plus, access thousands of top-rated gyms and a variety of fitness classes and coaches.	Download the Wellhub app from the App Store or Google Play, create your free account and choose the plan that best fits your needs.
<b>Active&amp;Fit Direct™</b>	For a monthly fee, get access to 11,000+ fitness centers across the country, plus 1,500+ digital workout videos and classes.	Visit <a href="#">CVSHealthBenefitExtras.com</a>
<b>FitClub</b>	Join this Colleague Resource Group (CRG) to support you in pursuing physical wellness.	See <a href="#">Colleague Zone</a> for details
<b>Well-being Champion Network</b>	Become a Well-being Champion and help your colleagues on their wellness journey.	Visit the <a href="#">Well-being Champion</a> site for details (Company network/Office 365 access required)

## The mind-body connection

Your state of mind can affect your physical health, your sleep habits, and even influence lifestyle choices. Healthy behaviors can help you feel better mentally and physically, enhance your mood and resilience, and promote a positive mind-body connection.

Visit [BenefitMoments.com](#) to learn about no-cost resources such as Resources For Living®, Talkspace, Mind Companion Self-care, mindfulness programs and more.

*This summary provides a brief overview of benefits, primarily for colleagues regularly scheduled to work 30 hours or more per week, 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.*