

EXECUTIVE SUMMARY

CVS Weight Management™






For better outcomes and savings



Lifestyle changes can help members achieve long-term, sustainable weight loss — with or without medication. The CVS Weight Management program offers tailored support to help members who use weight management medications like GLP-1s achieve optimal results and encourages a lifestyle-first approach for those who don't.

Ongoing, individualized engagement toward better metabolic health

The program provides:

-  **One-on-one support from a dedicated registered dietitian**, including personalized nutrition planning based on health needs, social determinants of health, and cultural and individual preferences
-  **Clinical oversight**, including medication adjustments as needed, from board-certified providers who address concerns with medication efficacy, tolerability, adherence, compliance, and cost
-  **Notification of the member's primary care provider**, so progress can be discussed during regular visits
-  **An engaging digital app** that delivers clinically precise, AI-driven digital support and coaching
-  **Connected devices**, including a scale for all participants and other devices such as glucometers as needed

A flexible program that works with your benefit plan

You choose how to implement program components to support your coverage strategy.



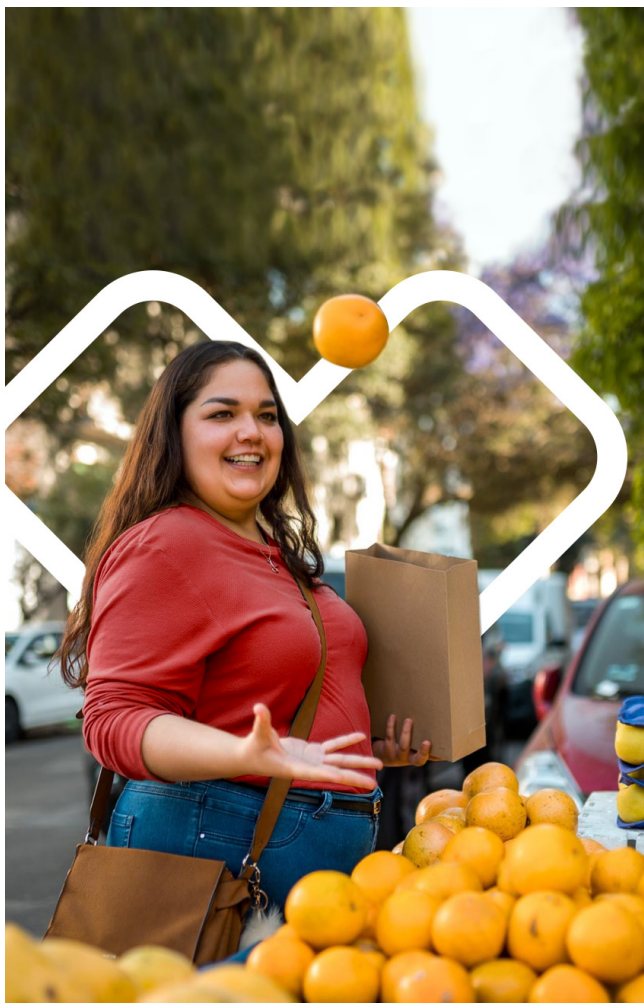
Proactive outreach

to members who qualify for a weight loss medication but do not yet have a prescription for one, to encourage trying lifestyle changes first.



Optimize outcomes

for members who use weight management medications. We can help maximize additional benefits, efficiencies, and value to align with your overall strategy. This includes clinical dosing and drug oversight to address concerns with medication success, tolerability, and adherence or titration support.



What sets the program apart?

- **Personalized nutrition support**
to suit individual needs and preferences — not a one-type-of-diet-suits-all solution, like many programs in the market
- **Dedicated registered dietitians**
who meet one-on-one with members through a virtual platform, so support is available from anywhere
- **Flexible options**
tailored to meet your overall strategy, enabling a whole-person view of care that can coordinate with other resources
- **Screening for behavioral health and social determinants of health**
that are often correlated with obesity, with referrals to other care services when appropriate

Robust member experience helps drive better outcomes and cost savings¹



18K+ members enrolled

Up to

5:1

ROI observed



13x total weight loss for members struggling to lose weight on medication alone²

High member satisfaction, while controlling costs

“*My registered dietitian has changed my life for the better. She has been wonderful and has contributed to my success in weight loss tremendously. She is a fantastic motivator.*”

–Enrolled member

92% 

member satisfaction with the program

Monthly

virtual session with registered dietitian

Weekly

bidirectional chat messages with registered dietitians

Weekly

biometrics logged including weight and blood pressure





Let's talk about your goals
and how this solution can
help make a difference.

To learn more or to request
an opportunity analysis,
contact your CVS Health
representative.



Source: CVS Health Analytics, 2024. Weight Management Pilot Results. Data from August 2023 through September 2024. 265K Total Covered Lives, as of 9/30/24.

Actual savings vary based on client benefit plan design, implementation and promotion.

Conditions for ROI guarantee apply, and full guarantee requires final sign-off by CVS Actuarial and Underwriting.

1. Comparing client who adopted program to a comparable client peer group in Q3 2024. This represents \$9.23 PMPM savings.
2. Reflects relative increase in total weight loss from drug start 1% before enrollment and 11.7% after enrollment.

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