

Executive Summary

Helping plan members reduce their diabetes medications

using personalized nutrition plans and support



Diabetes is costly and complex to treat for payors and their members. Everyone with diabetes has different challenges, so effective treatment needs to be personalized to meet individual goals. For some, reducing or eliminating medications for diabetes is important. Working toward de-prescribing medications can lead to healthier behaviors and better outcomes, as well as significant savings.

De-prescribing is an enhancement to the Transform Diabetes Care[®] program that offers personalized nutrition coaching, medication titration support and convenient access to care for this subset of members with diabetes.

Our solution targets:



~50% of members with type II diabetes

that use insulin or other high-cost and complex anti-diabetic medications

Expected outcomes for members who engage:

- ✓ **~35% estimated decrease** on average in diabetes-specific drug spend¹
- ✓ **\$2,000 estimated per engaged member per year (PEMPY) savings in Rx cost¹**
- ✓ **1+ point improvement in A1C²**
- ✓ **>5% weight loss²**

Dedicated care team helps improve member health and reduce anti-diabetic medications

Registered dietitian*

- Is the member's **primary point of contact** for onboarding and day-to-day support
- Works with **endocrinologist** to adjust targeted medications* and develop a personalized nutrition plan with the member

Primary care provider (PCP)

- Members' PCP will be **notified as progress is made** and medications are adjusted
- Close coordination with PCP means that the member can **discuss progress** during regular doctor visits

Endocrinologist

- Additional physician oversight to **adjust medications as needed** and prescribe when appropriate
- The registered dietitian interacts with endocrinologist through **regular touchpoints during the program**




Health Optimizer app

- Members can order and track labs
- Chat with a registered dietitian in real-time
- Easily browse meal recommendations with nutritional information

Our diet-agnostic approach helps drive sustainable behavior change

Members work with a dietitian to develop a nutrition plan based on personal preferences that helps them maintain healthy changes.

WE TAILOR NUTRITION PLANS TO FIT INDIVIDUAL NEEDS USING:

 Social determinants of health	 Culturally relevant diets	 Dietary restrictions	 Food preferences
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Let's talk about your goals and how we can make a difference for you.
To get started, contact your **CVS Health® team** today.

*Registered Dietitians are CDCES certified. Certified Diabetes Care and Education Specialist (CDCES) is a health professional who possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management.

Results and savings projections are based on CVS Caremark data. Actual results may vary depending on benefit plan design, member demographics, programs implemented by the plan and other factors. Client-specific modeling available upon request.

1. Analysis estimates 30% average decrease in diabetes-specific drug spend based on before and after analysis of Virta program results. This estimate was corroborated by published Virta studies.

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6561315/>. Accessed November 22, 2022.

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