EXECUTIVE SUMMARY

Personalized weight management support

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

♥ **CVS** caremark®

A configurable program that works with your benefit plan

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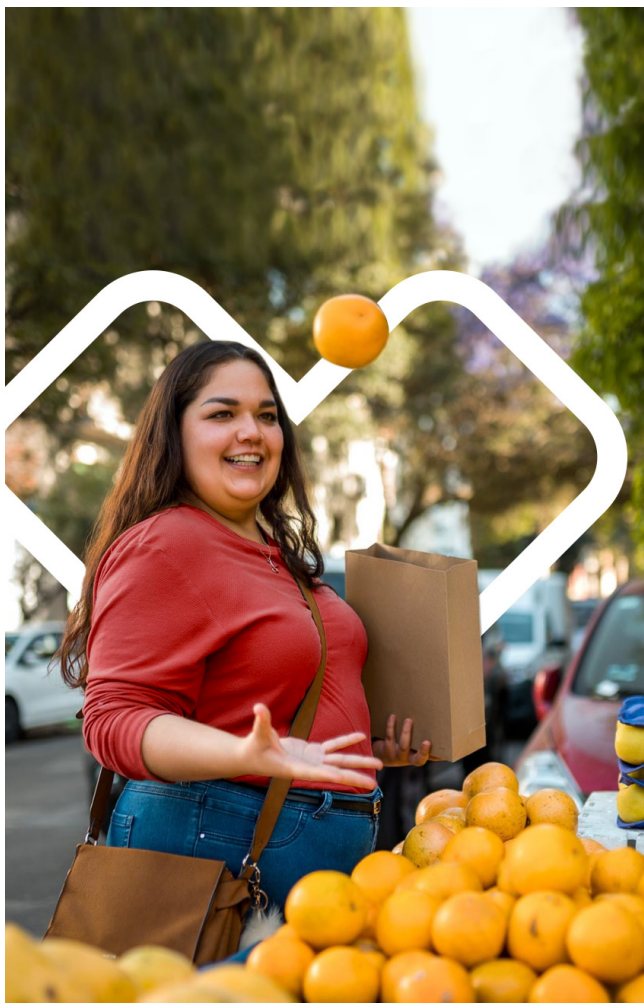
Proactive outreach

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.

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 savings[1]

89% engagement for members using program in combination with drug therapy

6x increase in total weight loss for members previously struggling to lose weight on medication alone*

89% member satisfaction with the program

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

2:1 ROI guarantee**

5:1 ROI observed for early adopter clients**

$27M Projected annual savings†

$32.7M From client-directed mandatory program engagement††

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.

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