

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. Offering tailored support for members, the CVS Weight Management program optimizes results for those who use weight management medications like GLP-1s, 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.



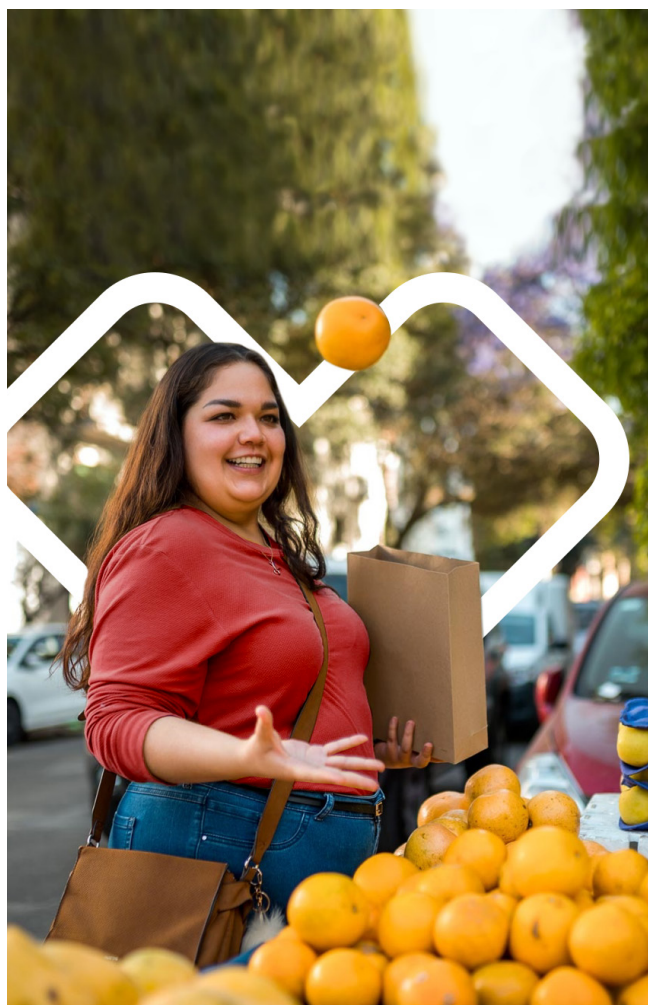
Proactive outreach

for members who qualify for weight-loss medications, but do not yet have a prescription. Through proactive communications, we encourage these members to first try making lifestyle changes.



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



Up to
42%

less client spend on GLP-1s
approved for weight loss¹



16%

average weight loss for GLP-1 users
after 1 year in the program²

Up to

5:1

ROI observed³

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

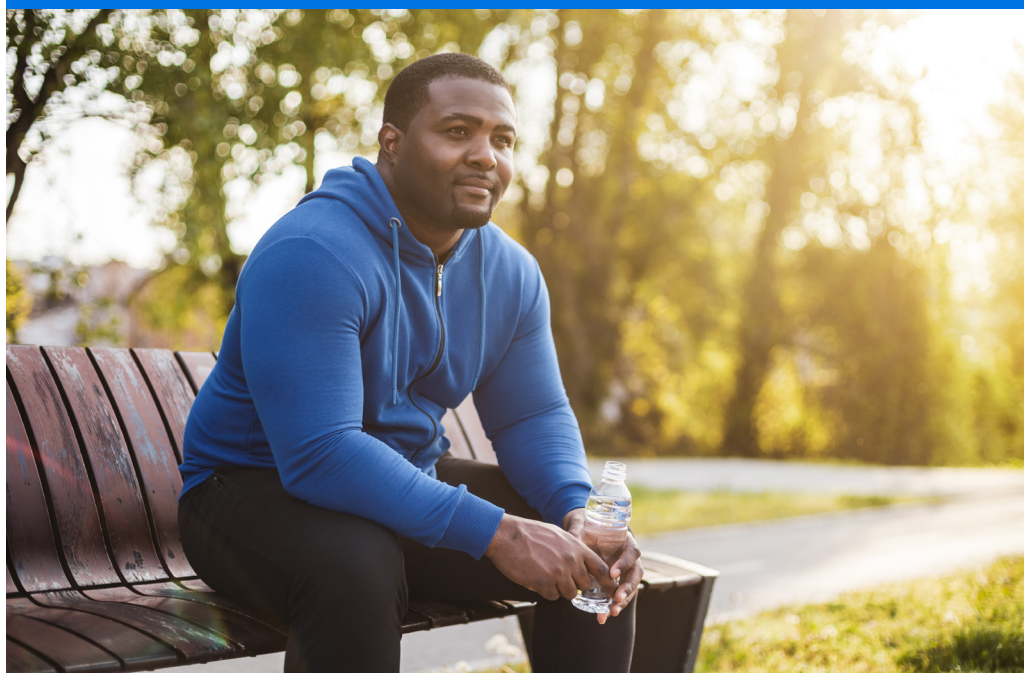
virtual session with
registered dietitian

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 Early Adopter Results. Data from August 2023 through December 2024. 265K Total Covered Lives, as of 12/31/24.

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 Early Adopter client to Caremark Commercial Book of Business in 2024 (6 million entitled lives with AOM coverage in baseline period).
2. Reflects total weight loss from drug start.
3. 5:5 ROI observed from gross savings from Weight Management Program across medical and pharmacy cost savings.

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