Transform Diabetes Care® is a 12-month program that helps keep your diabetes in check. It can help you find the best ways to manage your diabetes and help you live well, stay motivated and achieve your best health. At no extra cost to you.

Support where & when you need it
This program gives you customized guidance based on your specific needs. You may get reminders about refills, doctor appointments or preventive screenings. Plus, nutrition plans based on what you like and need. With the CVS Health Tracker™ app, you can monitor your glucose and blood pressure; track and share readings; learn more about diabetes and maintaining a healthy lifestyle; make meals that align with your dietary restrictions; and more. To stay on track, you can get personalized support from Certified Diabetes Care and Education Specialist nurses. That’s in addition to the support from your care management program.

Automatic enrollment
If you’re managing diabetes, you’re enrolled automatically. Sit tight — program details are on the way.

Questions?
For questions about diabetes, or for additional support, please call Aetna® Member Services at the number on your member ID card.
Managing diabetes?
Extra support is here.

- Blood sugar and blood pressure monitoring
- Pharmacists and nurses looking out for you
- Refill reminders and home delivery options
- Preventive health screenings
- Nutrition plans for your likes and needs
- CVS Health Tracker app

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