



Managing diabetes?

Extra support is here.



The Transform Diabetes Care® program is a 12-month program that helps keep your diabetes in check — at no extra cost to you. It gives you customized guidance based on your specific needs. With the **Health Optimizer™ 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.

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

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

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Visit [Aetna.com](https://www.aetna.com) for a complete list of participating providers in your community.

Aetna® is part of the CVS Health® family of companies. For a complete list of other participating pharmacies, log in at [Aetna.com](https://www.aetna.com) and use our provider search tool.