

CVS Weight Management Program



Starting July 1, 2026

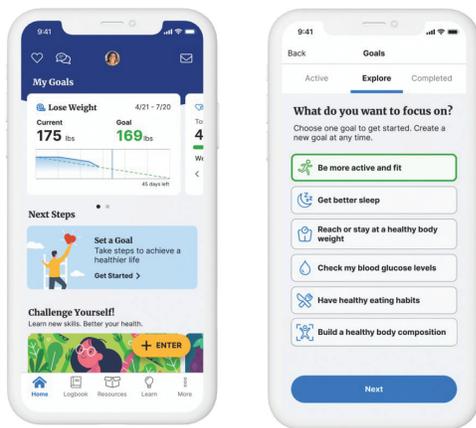
A voluntary lifestyle change program for adults who are committed to actively engaging in their health journey. Offered through your health plan at no additional cost to you.

What's the CVS Weight Management Program?

The CVS Weight Management program is a voluntary service that provides personalized support to help you make sustainable lifestyle changes and reach your health goals. The program also partners with your primary care provider (PCP) to keep them informed about your progress and to consult when medication adjustments are needed.

This program includes:

- **Clinical support** from a dedicated registered dietitian (RD) with access to provider oversight when needed.
- **Personalized nutrition plans** tailored to individual goals, preferences, and lifestyle.
- **Access to the Health Optimizer™ app** featuring educational content, real-time guidance, goal setting, and secure chat.
- **Connected body weight scale** and other devices, as applicable, to support and track your progress.



Who Can Participate?

- Adults age 18 and older.
- Individuals using **weight-loss medications** or those preferring **lifestyle-only support**.

No BMI requirements. Participants need a **smartphone or compatible device** to use the Health Optimizer™ app.

There are no eligibility requirements. However, certain health conditions may require additional clinical review to confirm the program is safe and appropriate for you. Examples include recent cardiac events, active cancer treatment, advanced kidney or heart disease, dialysis, pregnancy, and active eating disorders.

CVS Health is an independent company providing Weight Management services on behalf of HMSA.

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How the Program Works

The program is designed for individuals who are ready to make meaningful, long term lifestyle changes. To actively participate in the program, members are expected to:

- Attend one-on-one virtual visits with a dedicated Registered Dietitian
- Log at least one biometric measurement (such as weight) using the connected scale or the Health Optimizer™ app

The Health Optimizer™ app helps you make better decisions about your health by integrating the right tools and resources into your daily life:

- Goal setting tools to track weight and nutrition, plus activity syncing from compatible fitness devices you already use.
- Micro challenges and rewards to keep you motivated.
- AI driven digital coaching provides real-time feedback.

Using these tools consistently helps you stay engaged, build sustainable habits, and support long term health behavior changes.

How to Get Started (Beginning July 1, 2026)

It's easy to enroll on your own through the **Health Optimizer™ app**:



1. **Download the Health Optimizer™ app** from the App Store or Google Play.
2. **Create your profile** using your first and last name exactly as it appears with your employer or health plan.
3. **Complete the in-app eligibility survey** (takes about 5 minutes).
4. Schedule your **initial assessment** in the app.

Additional questions?

- Call 1-800-207-2208 (TTY: 711)
- Monday to Friday, 8 AM to 8 PM, and Saturday, 9 AM to 4 PM.



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