



# Managing Diabetes?

Transform Diabetes Care is here



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 **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.

## Automatic enrollment

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.

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

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