



## Transform Diabetes Care Frequently Asked Questions

### **What is the Transform Diabetes Care Program?**

Transform Diabetes Care, or TDC, is a program that helps members manage their diabetes and overall health. TDC lets members know about things they can do to improve their health, such as sending medication reminders or possibly advising them of overdue screenings. TDC will give members the right amount of guidance and coaching based on their specific needs—at no cost.

### **How are members identified to participate in this program?**

TDC uses health information we share to provide personalized health coaching based on your specific needs.

### **Is participation mandatory?**

No, it's completely voluntary and members can opt out at any time.

### **Who is eligible?**

All Cook County members with Type 1 or Type 2 diabetes who are over age 18 are eligible to enroll and participate as much or as little as they like.

### **Is there an additional cost to participating members?**

No. Transform Diabetes Care is included in the pharmacy benefit plan provided by Cook County.

### **What are the benefits of this program?**

Staying on track with your glucose testing:

- Dedicated member telephonic support to navigate the TDC program benefit and get started with testing their blood glucose, as needed
- Testing and tracking with the support of a digital app
- Support from a nurse who specializes in diabetes management

Lifestyle choices and overall health:

- Help quitting smoking
- Help keeping a healthy weight and managing multiple conditions like high blood pressure



Taking your medications:

- Help taking your medications as your doctor prescribed and starting new medications to improve your blood sugar management

Preventive screenings:

- Reminders about important screenings like foot exams, eye exams, A1c lab tests and yearly check-ups

**If a member doesn't fill prescriptions at CVS Pharmacy®, can they still participate in TDC?**

Yes, members still get the benefits of TDC

Questions about the TDC program? Call us **1-800-348-5238**