



Managing Diabetes?



Introducing Transform Diabetes Care[®] (TDC), a 12-month program available to diabetics on Aetna's Medical Plan 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 preventative 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.



**If you have additional questions, contact:
TDC Clinical Team at 1-855-808-0837**