



Anti-smoking initiatives

We want to help everyone quit

CVS Health has dedicated significant resources to an array of anti-smoking initiatives to help everyone on the path to better health.

We're helping create the nation's first tobacco-free generation

Be The First is our \$50 million program aimed at helping youngsters and students avoid tobacco. It combines anti-smoking education, tobacco control advocacy and healthy behavior programs as part of our \$100 million Building Healthier Communities initiative. An additional \$10 million program sends clinicians into classrooms and communities to teach young people about the risks of e-cigarette use.

Learn more at [CVSHealth.com/social-responsibility/be-the-first](https://www.CVSHealth.com/social-responsibility/be-the-first).

Get personalized support at your local MinuteClinic®

Start to Stop® at MinuteClinic provides one-on-one counseling and ongoing support with a nurse practitioner that includes:

- Dependence assessment
- Individualized smoking cessation plan
- Nicotine-replacement suggestions or prescriptions, if needed
- Visit summaries sent to your provider with your permission

Learn more at [CVS.com/minuteclinic](https://www.CVS.com/minuteclinic).



Your CVS Caremark® benefits are ready to help

Your prescription benefit plan offers different ways to help you quit smoking. Talk to your doctor about prescriptions and over-the-counter options to see which is best for you.



Digital tools

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Save time and money.

Our digital tools help you find ways to save on medication and manage your prescriptions on your own time.

Our digital tools make it easy to manage your health whenever – and wherever – you like. You can look for saving opportunities, stay on top of your prescriptions and more. Here’s how our digital tools can help you every day.

Stay in the loop.

Sign up to get email or text messages about your prescriptions, ways to save, status updates and more.

Refill fast.

Request refills quickly and keep track of prescriptions for your family in one convenient place. See how close you are to meeting your deductible and out-of-pocket cost maximum anytime.

Explore Rx savings options.

Find out if your Rx is covered or if you could pay less for it. And see if options like Rx delivery by mail or changing to a generic medication can save you money.



Have the Wallet app on an Apple device?

Save your ID card to Wallet and view it anytime.

For savings opportunities and personalized support,
visit [Caremark.com](https://www.caremark.com) (after your benefits begin).

Apple is a registered trademark of an entity not affiliated with CVS Caremark.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

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CVS Specialty®

More than medication.

CVS Specialty provides specialized care and support along with your medication for complex conditions (such as rheumatoid arthritis, multiple sclerosis, HIV and cancer).

A team of pharmacists and nurses specially trained in your condition.

We give you a CVS Specialty CareTeam led by pharmacists and nurses to support you 365 days a year. We'll show you how to take your medication correctly, help you manage side effects and stay on track. We also provide helpful resources at CVSspecialty.com/EducationCenter.

A choice of pick up at CVS Pharmacy® or home delivery at no extra cost.

We make it as easy as possible to get the medication you need, where you need it. You can have your medication delivered anywhere nationwide, even if you're on vacation. Or you can pick it up at any CVS Pharmacy location.*

Digital tools let you manage your prescriptions on your own time.

We make it easy to manage your medications and stay on track at CVSspecialty.com/go or with our mobile app.



What's a specialty pharmacy?

It's a pharmacy that provides specialized medication for complex conditions or medication requiring injections or infusions.

*Where allowed by law. In-store pick up is currently not available in Oklahoma. Puerto Rico requires first-fill prescriptions to be transmitted directly to the dispensing specialty pharmacy. Products are dispensed by CVS Specialty and certain services are only accessed by calling CVS Specialty directly. Certain specialty medication may not qualify. Services are also available at Long's Drugs locations. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

Checking your medication costs



CVS Caremark® makes it easy to find out if your medication is covered and what it will cost. We'll even show you lower-cost options whenever they're available.

With the check drug cost tool, you can:

- Find out if a medication is covered by your plan
- Easily see lowest cost options, including generics
- Compare the cost of filling your prescription at mail or any retail pharmacy
- Compare the cost of 30-day or 90-day supplies of your medication
- Know if there are actions you and your doctor need to take before you fill your prescription

The tool is quick and easy to use:

- Your previous searches are saved, so you don't always have to retype
- As you type the first few letters of your medication, options will show to narrow your search
- You can easily edit your searches by dose, pharmacy or family member

Go to [Caremark.com/CDC](https://www.caremark.com/CDC) or download the CVS Caremark mobile app





Rx Delivery by Mail

Convenience, savings and safety.

Why get your Rx delivered by mail? Not only is delivery by mail a safe and secure way to get the medications you take regularly (like medication for asthma or high blood pressure) — you'll probably save money, too.

Want more convenience?

With delivery, you have one less thing to worry about. Your 90-day supplies will arrive at your door from CVS Caremark® Mail Service Pharmacy.

Like to save?

Filling your Rx in 90-day supplies usually comes with savings. Plus, there's no extra cost for shipping.

Looking to stay safe?

Contactless delivery keeps you and your loved ones safe. And our secure, nondescript packaging protects your privacy.



**90-day supplies
typically cost
less than 30-day
supplies.**

Start Rx Delivery by Mail at [Caremark.com/RxDelivery](https://www.caremark.com/RxDelivery)
(after your benefits begin).

Easy, convenient, accessible: Caremark.com and the CVS/caremark® mobile app

Your health is important so we're making it convenient and easy to manage your prescription benefits. Simply visit **Caremark.com** or download the **CVS/caremark mobile app** and get the access you need, anywhere and anytime.



Easy Refills

- Refill online or use our mobile app to scan the barcode on your prescription label
- You can order new prescriptions and renewals online. We take care of contacting your doctor



Timesaving Tools

- Manage delivery by mail, auto refill, find a pharmacy and more
- Choose from retail and mail options for 90-day prescriptions



Convenient Savings

- See how much you've spent and where you might have savings opportunities. Even break down your costs by family member
- See savings options by prescription and print a report so your doctor can help you choose

Get started:

Register today at
Caremark.com
or download the
**CVS/caremark
mobile app**



Caremark.com