



# myAgileLife Diabetes FAQs

## Who's eligible for the myAgileLife Diabetes program?

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Walmart associates and their covered family members with Type 1 or Type 2 diabetes. The associate's medical plan must have OptumRx® as the pharmacy carrier, which the Premier, Contribution, Local, and Saver Plans provide\*

\*Copays apply after members meet any required deductibles and drug coverage as defined by your prescription benefit plan. Reduced copays only apply to qualified medications and are subject to your plan requirements. For questions, please refer to your benefits information or call 1-844-705-7493.

## How does it work?

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The program begins with three messages a day designed to help you stay on track with diet, exercise, medicines, and preventive health screenings. Over time, the messages taper off to just a couple a week after 6 months. Topics include:

- Blood glucose and how to monitor it
- Diabetes medications and how to use them effectively
- Healthy eating and exercise, with tips on how to make both a regular part of your life
- Heart health, how it relates to diabetes, and what you can do about it
- Complications to watch out for and how to avoid them

## Does it get results?

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Yes. myAgileLife Diabetes was developed by a team of physicians, clinicians, and behavioral scientists in partnership with the University of Southern California's Keck School of Medicine. They conducted a clinical trial and published results showing that the program can empower people to take control of and manage their diabetes more effectively. Results include:

- Substantial reduction in blood glucose/blood sugar levels (A1c)
- Significant increase in the proper use of medications
- Marked improvement in diet, exercise, blood glucose monitoring, and foot and eye care
- Fewer emergency room visits and hospital admissions

## Does my information stay private?

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Absolutely. The program is completely confidential, and your personal health information will be protected.

## How much can I save on insulin and other medications?

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The following drug classes qualify for reduced copays, assuming 90-day supplies using home delivery (all covered drugs are generics, except where otherwise noted):

- Diabetes Medications and supplies:
  - Insulin Therapy (\$25 Relion brand or \$50 select brand copays)
  - Select diabetes monitoring supplies (\$20 copay)
  - Non-Insulin Hypoglycemic Agents like lancets(\$2 copay)
- Blood Pressure & Cardiovascular Medications:
  - Ace Inhibitors (\$2 copay)
  - Angiotensin II Receptor Blockers (ARBs) (\$2 copay)
  - Lipid/Cholesterol Lowering Agents (\$2 copay)
- Depression Medications:
  - Selective Serotonin Reuptake Inhibitors (SSRIs) (\$2)

If you have questions about whether your prescriptions qualify for the reduced copays, call **OptumRx®** at **1-844-705-7493**.

## Do I have to stay in the program to get the medication copay discount? What if I stop partway through?

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Enrollment and continued participation in the program are required. It's a small investment of time to help you live a healthier lifestyle by managing your diabetes. If you do stop the program at any point, you will no longer receive the reduced copay benefit.

## How do I get started?

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It's as easy as 1-2-3:

1. Enroll online at [One.Walmart.com/Diabetes](https://One.Walmart.com/Diabetes). You'll need your member ID number from your Walmart plan ID card and your facility location number to confirm eligibility.
2. Opt-in to the text messaging program. You will be sent a text after completed step #1. Reply "YES" to the text message received from 63141.
3. Set up your prescriptions by converting your 30-day prescriptions to 90-day refills, and order/fill them through - OptumRx® Mail Order Pharmacy. Call **OptumRx®** at **1-844-705-7493** for help.

## Have more questions?

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- For questions about text-based coaching, call myAgileLife Diabetes at **1-855-955-1905**.
- For questions about medication or to convert your medications to 90-day mail order, call OptumRx® at **1-844-705-7493**.
- For other questions, call Walmart People Services at **1-800-421-1362**.