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**MinuteClinic Partners With DASH for Health To  
Create Personalized Weight Loss Program**

**WOONSOCKET, R.I., July 15, 2013** – MinuteClinic, a division of CVS Caremark and the largest provider of walk-in medical clinics in the United States, has created the Weight Loss Program at MinuteClinic, a convenient, personalized program to help patients lose weight and live a healthier lifestyle incorporating the proven DASH diet health plan. The DASH diet has been ranked the No. 1 Overall Diet by *U.S. News & World Report* for the past three years.

The Weight Loss Program at MinuteClinic combines weekly visits with a MinuteClinic practitioner plus nutrition and weight loss advice delivered via the online DASH for Health® program. The program is tailored to each individual and includes a medical evaluation with lab tests (such as blood sugar and cholesterol screening). The DASH diet (DASH stands for Dietary Approaches to Stop Hypertension) has been clinically proven to promote weight loss, while lowering blood pressure and cholesterol.

“DASH is one of the most highly recommended, evidence-based diets in clinical practice today,” said Nancy Gagliano, M.D., MinuteClinic chief medical officer. “Our Weight Loss Program is designed to help patients lose weight by making smart choices, and focuses on healthy eating with DASH-approved recipes. In addition to providing healthy dietary recommendations, MinuteClinic practitioners tailor a weight loss plan for each patient that incorporates counseling, education and advice to help patients achieve their goals.”

According to the Centers for Disease Control (CDC), more than one-third of U.S. adults are obese. Obesity contributes to several health conditions, including heart disease, stroke and Type 2 diabetes. More than 1 in 3 Americans currently suffer from hypertension, according to the CDC. Also, diabetes is on the rise and now affects 25.8 million Americans according to data from the American Diabetes

Association.

During the initial visit at MinuteClinic, an assessment is conducted that includes a check of vital signs and measurement of body mass index and waist circumference. MinuteClinic practitioners then work one on one with patients to evaluate current physical health and lifestyle and to set goals. Ongoing weight loss coaching sessions, including medical evaluation and lab tests based on the individual's needs, help monitor progress and keep patients on track.

The Weight Loss Program at MinuteClinic is covered by most insurance plans. Patients should check with their insurance provider before their first visit to determine the extent of coverage. For those paying cash, the initial assessment is \$69 and subsequent coaching sessions are \$59.

The program includes a membership to DASH for Health online, a \$69 value. The online program provides tools, meal plans, exercise tips, recipes and more.

No appointment is needed for the Weight Loss Program at MinuteClinic, and MinuteClinic is open seven days a week, including evenings and weekend. Patients can fit the program into their busy schedules at a time convenient for them, after work, on weekends or even during a lunch break.

The Weight Loss Program is not available at MinuteClinic locations in Massachusetts. Patients must be 18 years or older. There may be additional charges for lab tests. For more information, visit [www.minuteclinic.com/weightloss](http://www.minuteclinic.com/weightloss).

### **About MinuteClinic**

[MinuteClinic](#) is a division of CVS Caremark Corporation (NYSE: CVS), the largest pharmacy health care provider in the United States. MinuteClinic launched the first retail medical clinics in the United States in 2000 and is the largest provider of retail clinics with more than 650 locations in 25 states and the District of Columbia. By creating a health care delivery model that responds to patient demand, MinuteClinic makes access to high-quality medical treatment easier for more Americans. Nationally, the company has provided care through more than 16 million patient visits, with a 95% customer satisfaction rating. MinuteClinic is the only retail health care provider to receive three consecutive accreditations from The Joint Commission, the national evaluation and certifying agency for nearly 15,000 health care organizations and programs in the United States. For more information, visit [www.MinuteClinic.com](http://www.MinuteClinic.com).