

Type 2 Diabetes Reversal

Reverse your condition. Redefine what's possible.

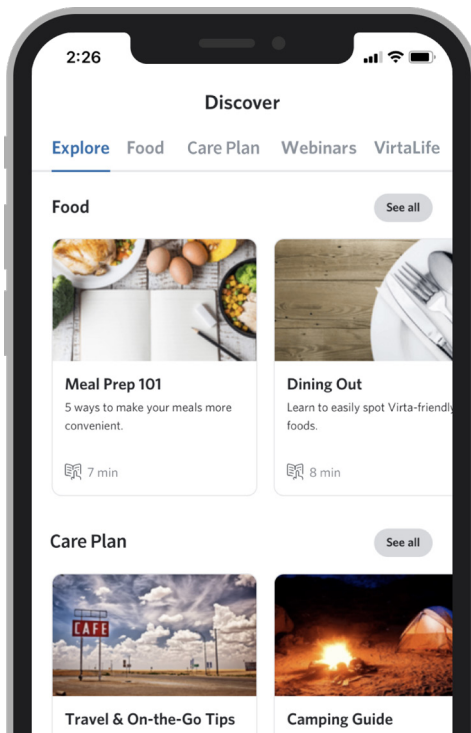


10-week member clinical trial results¹:

18lbs average weight loss

1.0 average A1C reduction

87% stopped / reduced insulin



Try nutrition therapy from Virta Health at no cost*

As a virtual clinic for type 2 diabetes reversal and prevention, Virta helps members use food as medicine to lose weight, lower A1C, and reduce medication needs. No calorie counting or gym visits required.

The American Diabetes Association believes that there's no such thing as a diabetes diet² and Virta agrees. With provider support, coaching, and technology, members learn what nutrients (carbs, fats, and proteins) they personally need more of, and less of, to improve health naturally.

The cost of Virta is \$0 for eligible individuals and dependents with a covered condition*.

The Virta Difference

- Nutrition not calorie restriction. Eat until you feel full.
- Personalized over one-size. Your plan covers your needs & tastes.
- About the journey not the judgment. Get caring providers and coaches.

Schedule a free consultation to learn more:
virtahealth.com/join/bcbsks

Virta Health defines reversal as reaching HBA1c below 6.5 without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

1 McKenzie AL et al. JMIR Diabetes 2017.

2 Avert AB, et al. Diabetes Care 1. May 2019.

* Virta is available to Blue Cross and Blue Shield of Kansas members between the ages of 18 and 79 who are enrolled in an eligible health plan. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Blue Cross and Blue Shield of Kansas contracts with Virta Health to provide a type 2 diabetes reversal program to members. Virta Health is unaffiliated with Blue Cross and Blue Shield of Kansas.

