

## Type 2 Diabetes Reversal

# It's time to break the cycle



When it comes to weight gain and high blood sugar, the problem goes beyond sweets and calories. Carbohydrate (carb) sensitivity is a growing issue that keeps millions heavy, tired, achy, and medicated.

### Virta is a virtual clinic for nutrition-based care

Virta Health uses food as medicine to help members naturally lose weight, lower A1C, and reduce medication needs. With provider support, coaching, and technology, members can bring the body back into balance. No calorie counting, gym visits, or injections needed.

**Care is \$0 for those with a qualifying condition.\***

"I used to love having friends over for dinner, but stopped due to my poor health. Virta has reignited my passion for food—and for my own health. I'm getting the itch to have friends over again and wow them with a Virta-friendly dinner."

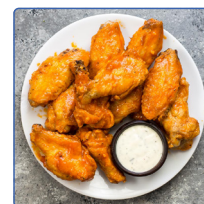
Patrick, 08/2019

**Lost 35lbs in 10 weeks, lowered A1C from 10.3% to 5.2%**

## Members eat well based on health needs and tastes



*Breakfast Sausage and Eggs*



*Hot Wings with Buttermilk Sauce*



*Spicy Tofu and Vegetables*

Check eligibility:

[virtahealth.com/join/bcbsks](https://virtahealth.com/join/bcbsks)



\* 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.

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