



Support for a healthier lifestyle—  
Details inside!



Get back to doing the things you love with the people you love.



## Fully covered type 2 diabetes reversal program for eligible members.

You now have exclusive access to Virta through Blue Cross and Blue Shield of Kansas. Virta is a research-backed treatment that helps control blood sugar, reduce or eliminate diabetes medications, and is a safe and sustainable way to lose weight.

Blue Cross and Blue Shield of Kansas fully covers the cost of Virta (valued at over \$3,000) for eligible members with type 2 diabetes. Apply today to begin your journey toward better health!



*"I'm finally achieving what I've always been working toward because of Virta: I have the chance to see my daughter grow up!"*

### Why does Virta work?

Virta is very different from other diabetes treatments. On Virta, you learn how to change your diet so that your body burns fat for energy, instead of sugar. This is called nutritional ketosis, and naturally lowers blood sugar and the need for diabetes medication. Imagine eating eggs, bacon, and avocado for breakfast, as part of your prescription for better health!

Learn more about Virta here:  
[info.virtahealth.com/bcbsks1](https://info.virtahealth.com/bcbsks1)

*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.*

### What's included?

- Medical supervision from a Virta physician, nurse, or PA
- Unlimited 1:1 health coaching
- Diabetes testing supplies like meters, strips, and more
- Nutrition education program, including videos, recipes, meal plans
- Access to a private online patient community

*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.*