



# Eat your way to better health

If you struggle with diabetes or high blood sugar, your body may be carbohydrate intolerant. Virta's remote medical team and health coaches can teach you how to change the food you eat so you can naturally lower your blood sugar. Imagine less insulin, weight loss, and better sleep. This is life on Virta. Virta treatment is backed by clinical research and cited by the American Diabetes Association.

## Treatment can help you

- ⬇ Lose weight
- ⬇ Lower blood sugar
- ⬇ Decrease medications
- ⬇ Reduce A1c

## How is Virta different?

- ⊘ No calorie counting
- ⊘ No exercise
- ⊘ No surgery
- ⊘ No office visits



## Care tailored to your needs and lifestyle

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.

## What's the cost?

Pay no extra fees if you meet the requirements. Your test supplies are covered too.

Learn more

[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.*

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