

# Reverse Prediabetes and Type 2 Diabetes

Try Virta at no cost to you.



**\$0**  
per month

Virta is a provider-led, research-backed treatment program that can help reverse prediabetes and type 2 diabetes. Patients can lower their blood sugar and A1c, all while reducing the need for diabetes medications and losing weight.

If you have prediabetes or type 2 diabetes, your Blue Cross and Blue Shield of Nebraska health plan fully covers the cost of Virta.

## How does Virta work?

Virta uses nutritional ketosis to naturally lower blood sugar and turn the body into a fat-burning machine. There is NO surgery, required exercise or calorie counting with Virta.

With Virta's personalized treatment plan, each member gets medical supervision from a physician-led care team, a one-on-one health coach, diabetes testing supplies, educational tools like videos and recipes and a private online support community.

Virta provides around-the-clock monitoring and care—there are no waiting rooms and no lines. With an easy-to-use mobile and desktop app, Virta can be done from anywhere.

To improve your experience, please share your primary care physician information when you enroll in the program.

## VIRTA IS ALSO AVAILABLE IN SPANISH!

➔ **Scan the code**  
to enroll in Virta or visit  
[NebraskaBlue.com/  
Diabetes](https://NebraskaBlue.com/Diabetes) to learn more.

