



Type 2 Diabetes Reversal

# Reclaim your health. Redefine what's possible.

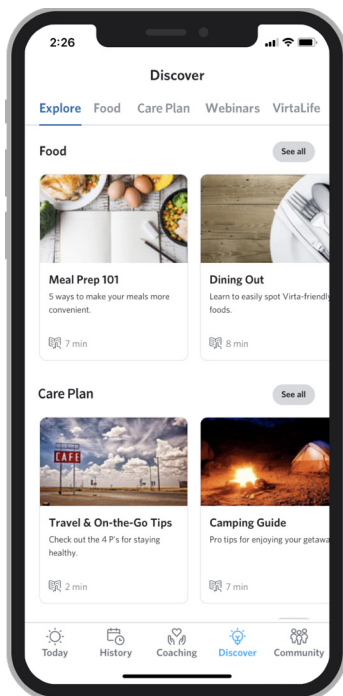


Average member results:<sup>1</sup>  
(of those with type 2 diabetes)

**5%+**  
Average weight loss

**1.3**  
Average A1C reduction

**Reduced**  
need for diabetes-specific medications



## Try nutrition therapy from Virta Health at no cost\*

We've helped thousands of members succeed by customizing care plans based on their tastes and lifestyles, providing best-in-class coaching and clinical support, and offering state-of-the-art digital tools.

Our health coaches and medical team are there to help you naturally manage blood sugar and enjoy better health—so you can get back to doing what you love.

**Virta is \$0 for eligible health plan members and dependents with type 2 diabetes.** Complete a short application to check your eligibility.

## The Virta Difference

- Nutrition not calorie restriction. Eat until you feel full.
- Your way, not one way. Your plan covers your needs & tastes.
- Human connection along the journey. Get caring providers and coaches.

Schedule a free consultation to learn more:

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

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.

\* Your health plan is working closely with Virta, an independent organization, to provide members with diabetes reversal services. Eligible health plan members between the ages of 18-79 with type 2 diabetes can participate in Virta, which may be at no cost to you if you qualify.

