



REVERSING TYPE 2 DIABETES WITH VIRTA CAN TASTE GREAT!

Get Virta's research-backed combination of nutritional ketosis, online medical supervision led by Virta's physicians and one-on-one health coaching. Virta also provides all of the supplies needed for tracking your numbers, access to a private patient community, curated recipes, food guides and meal plans! Virta is accessed through a smartphone app, so patients can get care from anywhere.

How can Virta help?¹

- ⬇ Lower blood sugar
- ⬇ Reduce the need for diabetes medications
- ⬇ Reduce A1c
- ⬇ Lose weight

How is Virta different?

- ⊘ No calorie counting
- ⊘ No fasting
- ⊘ No exercise required
- ⊘ No surgery

Who is Virta for?

Virta is available to eligible Blue Cross and Blue Shield of North Carolina (Blue Cross NC) members between the ages of 18 and 79 with type 2 diabetes.

What's the cost?

There is no copay or out-of-pocket cost for the treatment—Blue Cross NC is fully covering the cost of Virta for those that qualify!

Learn more at info.virtahealth.com/bluecrossnc3



BlueCross BlueShield
of North Carolina



Blue Cross and Blue Shield of North Carolina complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

- ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-888-206-4697

(TTY: 1-800-442-7028).

- 注意：如果您講廣東話或普通話，您可以免費獲得語言援助服務。請致電

1-888-206-4697 (TTY: 1-800-442-7028)。

1. Athinarayanan S.J., Adams R.N., Hallberg S.J., et al. "Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-year Non-randomized Clinical Trial." *Frontiers in Endocrinology*. 2019; 10:348. doi: 10.3389/fendo.2019.00348.

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) offers health and wellness programs as a convenience to aid members in improving their health; results are not guaranteed. Blue Cross NC contracts with Virta Health and is not liable in any way for goods or services received. Virta Health is an independent company providing diabetes reversal services on behalf of Blue Cross NC and does not offer Blue Cross or Blue Shield products or services. Blue Cross NC reserves the right to discontinue or change this program at any time. This program is educational in nature and intended to help members make informed decisions about their health and comply with their doctor's plan of care. Decisions regarding care should be made with the advice of a doctor. This offering is available to select member segments. Eligible members must be between the ages of 18 and 79 with a diagnosis of type 2 diabetes. There are serious medical conditions that would exclude some members from this program. Start the application process now to find out if you qualify.

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