

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.

