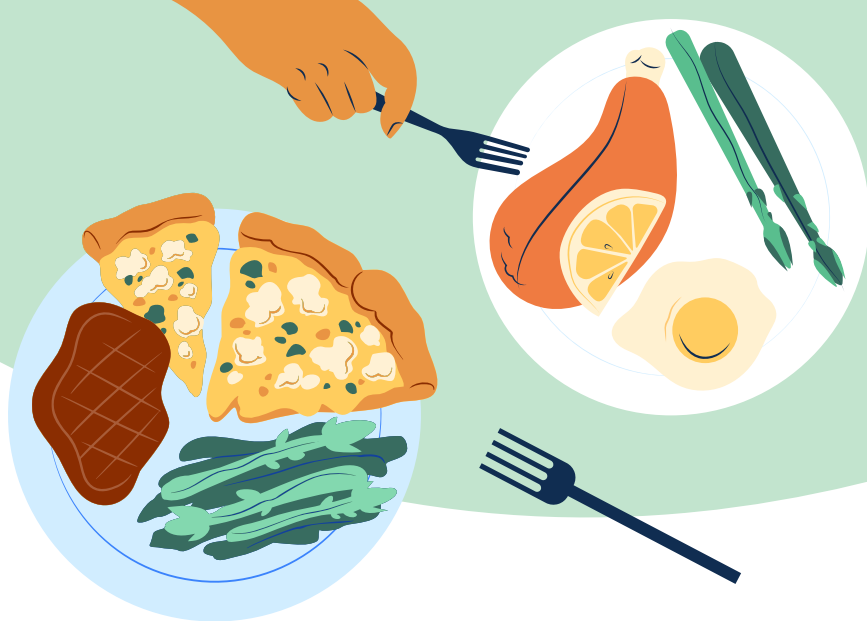


Diabetes • Prediabetes • Weight

# Better health can taste great



## Reimagine what's possible

Virta Health is a nutrition therapy clinic that helps members lower blood sugar, lose weight, and rely less on pricey drugs. Members eat their way to better health thanks to a plan made just for them and support from medical providers, coaches, and digital health tools.

Within 10 weeks, members lowered A1C by 1 point and lost 18 lbs<sup>1</sup>. 87% stopped or reduced insulin, altogether.

**"It's been so easy to make my meals and life Virta-friendly. It's been 3 months and so far, I've lost 50 pounds. Beyond that, it's become easier for me to be on my feet all day at work, which is a great improvement."**

— Member Mauricio, 09/2022

## Put a healthy spin on your to-go meals

- Almond flour pancakes and eggs
- Tacos with cheese shells
- French fried green beans
- Sausage jambalaya and cauliflower rice

## Behind Virta's virtual care plans

- Provider care and personal coaching
- Daily support via app and health tools
- Meal tips, shopping lists, and recipe guides

Check eligibility:

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



<sup>1</sup> McKenzie AL et al. JMIR Diabetes 2017

\* Arkansas Blue Cross and Blue Shield fully covers the cost of Virta for you and your eligible family members with type 2 diabetes, prediabetes, or a BMI of 30 or greater. Arkansas Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association and is licensed to offer health plans in all 75 counties of Arkansas. Virta is a separate company that provides virtual diabetes management for members of Arkansas Blue Cross.



Arkansas  
**BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association

# Virta gives you the free tools and support you need to stay on top of your health.



## Who is Virta for?

Virta is available to members and eligible dependents between the ages of 18-79 who are enrolled in an eligible health plan through Arkansas Blue Cross and Blue Shield. This benefit is currently being offered to those with type 2 diabetes, prediabetes, and a BMI of 30 or greater. There are some medical conditions that would exclude patients from the Virta treatment.

## What's the cost?

Arkansas Blue Cross and Blue Shield fully covers the cost of Virta (valued at over \$3,000).

## What you receive when you sign up for \$0/month:



Blood glucose meter



Unlimited testing strips, lancets, swabs and a bluetooth-connected scale



Online access to a wide variety of helpful resources



Ongoing support from specially-trained coaches



Convenient tracking tools and tips through our easy-to-use mobile app

Arkansas Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association and is licensed to offer health plans in all 75 counties of Arkansas. Virta is a separate company that provides virtual diabetes management for members of Arkansas Blue Cross.

Sign up today  
[virtahealth.com/join/arkbluecross](https://virtahealth.com/join/arkbluecross)

