



## Prediabetes and Diabetes Reversal and Management

Whether you have prediabetes, type 1 or type 2 diabetes, our innovative programs can help you improve your health and reduce your health care costs. Our diabetes solutions are included in your health plan coverage – no additional cost to you.

### ➤ **Virta Prediabetes and Type 2 Diabetes Reversal Program**

Virta is a physician-led program that uses nutritional ketosis to naturally lower blood sugar and turn the body into a fat-burning machine. There is no surgery, exercise or calorie counting. Virta provides an easy-to-use mobile and desktop app to get the help and support you need. The Virta program can be done from anywhere.

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.

### ➤ **Nurse-Supported Prediabetes and Diabetes Education and Support**

As part of your insurance plan, you have access to a FREE diabetes program that is supported by our nurse diabetes educators. This program is personalized to you and your family's specific needs.

Our nurses can help you:

- Lose weight and increase activity
- Lower your glucose and A1C levels
- Reduce or eliminate the need for diabetes medication
- Understand how to get the most of your health plan benefits
- Feel like yourself again – enjoy more stress-free time with family and friends



Since, starting Virta I have lost 70 pounds, and my doctor has taken me off four of my medications.

– BCBSNE member

Great news...A1C is 6.9. Yay! I am encouraged and it feels good that my work is showing up in measurable ways!

– BCBSNE member

### ➤ **Scan the code**

to enroll in Virta or the nurse-supported program.

