

# Better health can taste great



## Don't settle for a life with diabetes

Virta Health is a virtual clinic that may help you 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, 87% of Virta members in a clinical study stopped or reduced insulin<sup>1</sup>.

*"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**

Check eligibility:  
[virtahealth.com/join/blueshieldcagroups](https://virtahealth.com/join/blueshieldcagroups)  
Or scan this code



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

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

## Behind Virta's programs

- Backed by research
- Tips to make meals more healthy
- Personalized provider care and coaching
- Daily support via mobile/desktop app
- You may be covered for \$0 care

<sup>1</sup>McKenzie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, Glon RM, McCarter JP, Volek JS, Phinney SD, A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes JMIR Diabetes 2017;2(1):e5. <https://doi.org/10.2196/diabetes.6981>

Blue Shield of California is an independent member of the Blue Shield Association. Virta is independent of Blue Shield of California and is contracted by Blue Shield to provide type 2 diabetes treatment. These program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply. Blue Shield reserves the right to terminate this program at any time without notice. Virta is available to Blue Shield of California medical plan members between the ages of 18 and 79 diagnosed with type 2 diabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify. Individual results may vary.

