



Join the movement to reverse type 2 diabetes and prediabetes.

Virta uses the research-backed combination of nutritional ketosis, medical supervision, and one-on-one health coaching. You also get all the supplies you need for biomarker tracking, access to a private patient community, and curated recipes, food guides, and meal plans!

Virta can help you:

- ⬇ Lower blood sugar
- ⬇ Decrease medications
- ⬇ Reduce A1c
- ⬇ Lose weight
- ⬇ Lower triglycerides

How is Virta different?

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

Who is Virta for?

Virta is available to Regions associates and eligible dependents between the ages of 18 and 79 who are enrolled in a Regions health plan through Blue Cross Blue Shield of Alabama. This benefit is currently being offered to those with type 2 diabetes and prediabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

What's the cost?

There is no copay or out of pocket cost for the treatment—Regions is fully covered for those that qualify!

Learn more at virtahealth.com/join/regions

