

## Did you know it's possible to reverse type 2 diabetes and more?



Arizona School Boards Association Insurance Trust is excited to introduce Virta Health. Virta is a virtual clinic that helps members eat their way to better health with care plans made just for them and support from health care clinicians, coaches, and digital health tools. Virta members can reverse\* type 2 diabetes, high blood sugar, and weight gain. Less (or no) meds needed, no required gym visits, and no calorie counting. Virta can also help members manage Type 1 diabetes and prediabetes.

Imagine better health, fewer medications, and more time for the things you love.

Virta is available at no cost to eligible members and dependents.

[Check Eligibility](#)

### What's covered:

- A nutrition therapy plan backed by clinical research
- Tips to make meals tasty and healthier
- Personalized clinician care and coaching
- Daily support via mobile/desktop app
- Meter, scale, and testing supplies

Virta Health's diabetes program has won multiple 2022 awards from the Validation Institute.

## Results after 10 weeks<sup>1</sup>:



## Am I eligible?

ASBAIT fully covers the cost of Virta (valued at over \$3,000) for you and your eligible family members with type 2 diabetes, type 1 diabetes, or prediabetes. Virta is also covered for those with a BMI of 30 or greater who are interested in safe and sustainable weight loss.

Check eligibility: [www.virtahealth.com/join/asbait](http://www.virtahealth.com/join/asbait)

Please reach out to [support@virtahealth.com](mailto:support@virtahealth.com) if you have any questions.

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Virta is available to ASBAIT members and eligible dependents between the ages of 18 and 79 who are enrolled in a Banner|Aetna or Aetna. This benefit is currently being offered to those with type 2 diabetes, type 1 diabetes, prediabetes, and obesity (defined as having a BMI of 30 or greater). There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

Your health information is protected and is 100% confidential. Virta will never share your health information with your employer or third parties other than your medical clinician.

*\*Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.*

1. 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