



# Banner | Aetna can help you reverse type 2 diabetes, prediabetes, and obesity.

Did you know that you can reverse type 2 diabetes, prediabetes, and obesity just by making changes to the food you eat? Your care team will teach you how to adjust your food choices to help you lose weight and rely less on expensive diabetes medications, like insulin. Your health coach will help you build and stick to a plan that works for your health needs, food preferences, and lifestyle. By changing what you eat, you can reduce your blood sugar and regain control of your life.

## Say goodbye to restrictive diets.

Enjoy many delicious meals, including:



Cauliflower  
Pizza



Blue Cheese  
Steak



Chocolate PB  
Cups

## No cost to eligible members

Banner | Aetna fully covers the cost of Virta for eligible\* members and dependents. Apply today to begin your journey towards better health!



"I've lost over 113 pounds and brought my A1c down 1.7 points to 5.5%, which is within healthy ranges. But what means the most to me is just how great I feel, and how much happier I am."

**- Chris, Banner | Aetna member & Virta Patient**



If you're ready to get started or want to learn more, visit [banneretna.com/diabetes](https://banneretna.com/diabetes).



\*Virta is available to members between the ages of 18 and 79 who are enrolled in an eligible health plan through Banner | Aetna. This benefit is currently being offered to those with type 2 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.

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# Join the movement to reverse type 2 diabetes

Virta, offered by Banner|Aetna, 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!

## Our program can help you:

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

## How is ours different?

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

## Who is Banner|Aetna's Virta program for?

Virta is available to Banner|Aetna members and their adult dependents between the ages of 18 and 79 enrolled in an eligible health plan. This benefit is currently being offered to those with type 2 diabetes.

## What's the cost?

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

Learn more at [VirtaHealth.com/Join/BannerAetna](https://VirtaHealth.com/Join/BannerAetna)

BannerAetna.com



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