



**BlueCross
BlueShield**
Nebraska



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 health care costs. Our diabetes solutions are included in your health plan coverage – no additional cost to you.

Virta Type 2 Diabetes Reversal Program

Virta is a provider-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.

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

– Blue Cross and Blue Shield of Nebraska member

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.

→ To enroll in Virta or the nurse-supported programs, visit NebraskaBlue.com/Diabetes

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

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

– Blue Cross and Blue Shield of Nebraska member