



Yes. You *can* reverse type 2 diabetes.



In only one year, Virta patients see an average of<sup>1</sup>:

63% medication reduction

1.3pt HbA1c reduction

12% weight loss

No matter the season or time of year, if you are part of an eligible plan,\* you can enroll in Virta. Virta is a research-backed treatment that can help you reverse type 2 diabetes and take back control of your health.

### The Virta difference

Unlike other diabetes (or weight loss) treatments/management programs, Virta goes beyond just treating the symptoms of the disease. On Virta, you learn how to change how you eat so that your body burns fat for energy, instead of sugar/carbohydrates. This can help you naturally lower your blood sugar and reduce the need for diabetes medication. It also can help you lose weight and live a healthier life.

ICUBA fully covers the cost of Virta (valued at over \$3,000) for you and your eligible family members with type 2 diabetes.

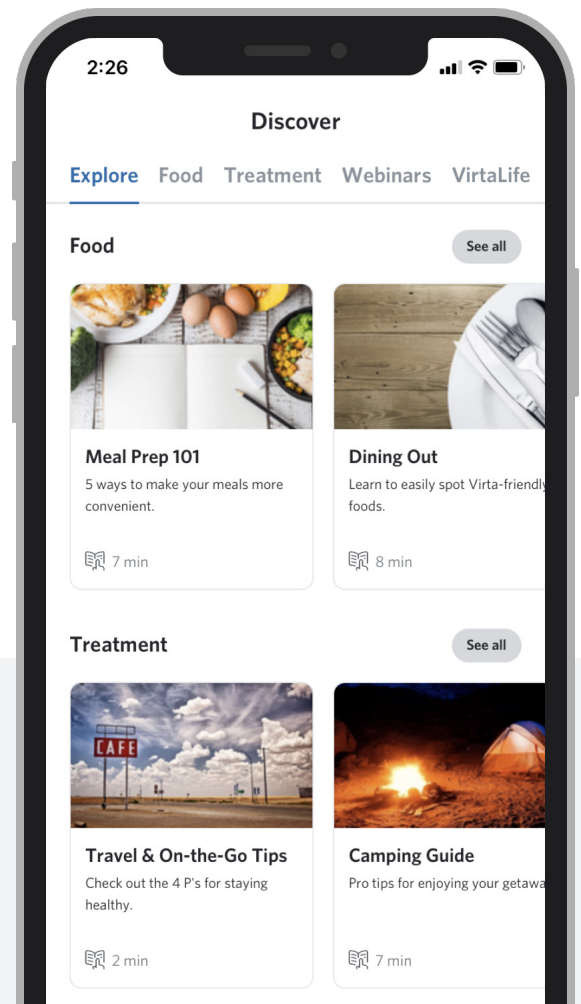
Virta is available to ICUBA members and eligible dependents between the ages of 18 and 79. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.



[virtahealth.com/join/icuba](https://virtahealth.com/join/icuba)

Text "VIRTA" to 57005 to receive periodic alerts about diabetes reversal from Virta.

Msg&data may apply. Text HELP for help, STOP to quit. Privacy Policy: [www.virtahealth.com/privacypolicy](https://www.virtahealth.com/privacypolicy)



1 Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018.