

We've partnered with Virta to reverse your Type 2 diabetes

Virta is a type 2 diabetes reversal treatment included in eligible Cityblock memberships.



Ensure your state can let you know if you still qualify for Medicaid

With the help of expert health coaches and medical providers, Virta is our partner to help you lose weight, lower blood sugar, and reduce your use of medications. Virta is available through eligible Cityblock memberships.

Call us today to talk about getting started with Virta and getting access to:

- An online care app and patient community
- Medical monitoring and daily health coaching
- Meter, scale, and required testing supplies
- Custom nutrition plans
- Recipes, shopping lists, meal plans and more



Virta's results after 10 weeks ^{1,2}

87%

Virta patients eliminating or reducing insulin at 10 weeks.

7%

Average weight loss at 10 weeks

1.0

Above HbA1c reduction (in points) at 10 weeks

A life without Type 2 diabetes is possible

Kenneth

After 4 months on Virta

"A few months before I started on Virta, my A1c was 8.3%, controlled with insulin injections. After just 4 months on Virta, my latest round of labs came back with an A1c of 6.6%, even though I stopped all my diabetes medication. **To not have to take shots before eating is truly a blessing.**"

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Donna

After 13 months on Virta

"I've never had to go hungry on Virta or rely on diet bars or shakes for food. It's **hard for me to believe that something so enjoyable can be thought of as a diabetes reversal treatment**, but it's true. Virta also helped me accomplish my personal goal of losing 100 pounds. The day that I stepped on the scale and it read 313 pounds, I almost cried."

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Iseral

After 2.5 months on Virta

"I'm so glad that I gave Virta a chance. My blood glucose started above 200 mg/dL, and now it's in the 90s. The best part is that my blood sugar and A1c are lower even though I am completely off the insulin. As a bonus, I've lost 32 pounds and went from a size 44 waist down to 38!"

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Frequently asked questions

- Am I eligible for Virta through Cityblock?** +
If you're a Cityblock member living in New York, please call us at 833-904-2273 to see if you qualify. Not sure if you're a Cityblock member? [Check your eligibility here.](#)
- How do I get Virta through Cityblock?** +
Call us [833-904-2273](tel:833-904-2273) and ask about Virta.
- How much does Virta cost?** +
Some Cityblock members can get Virta included in their Cityblock membership at no out-of-pocket cost. Call us at [833-904-2273](tel:833-904-2273) to see if you're eligible.

Let's reverse your Type 2 diabetes together

Call your Cityblock care team at 833-904-2273 today to see if you qualify.

Virta is available to certain Cityblock members between the ages of 18 and 79 at no additional cost. This benefit is currently being offered to those with type 2 diabetes and is limited to the first 100 members who enroll. There are some serious medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify. If you're not sure if you're eligible, please contact your Cityblock care team.

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 provider.

1. Hallberg SJ, McKenzie AL, Williams P, et al. [Effectiveness and Safety of a Novel Food Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study.](#) Diabetes Therapy. 2018; 9(2): 583-612. doi: 10.1007/s13300-018-0373-9

2. 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

We're here to help

Whether it's to learn more about our services, ask questions about your membership, or to schedule a visit, call us—we'd love to hear from you.

[Call us now](#)