

August 3, 2022

Dear Provider:

Arkansas Federal Employee Plan (FEP) administrated by Arkansas Blue Cross and Blue Shield is pleased to announce an enhancement of benefits for FEP primary members who have type 2 diabetes. This program is funded by the Federal Employee Plan Pilot Innovations as a Diabetes Management Program for members who want to reverse type 2 diabetes or reduce antidiabetic medication. Virta provides management of diet, exercise and medication for a 2-year period for those members willing to engage with them via telehealth. They provide a smart glucometer and provide coaching to arrest progression and perhaps even reverse their disease. Engaged individuals see a 40% reduction in antidiabetic medication. Elimination of all diabetic medication is possible in 20% who participate. Participants usually experience significant weight loss and lowering of HgA1c by at least 1%. This program takes commitment and has proven results for those who engage.

We want the providers to have access to all this information. When a FEP member enrolls, they will designate to whom this information can be released. We know from well-designed studies that lowering A1C by 1% leads to a significant reduction in microvascular complications, particularly eye and renal. This must be balanced by the risk of hypoglycemia. The healthy approach taken by Virta leads to better long-term success in altering the course of DM2.

Sincerely,



Mark T. Jansen, M.D.  
Chief Medical Officer  
Arkansas Blue Cross and Blue Shield