

**Virta is an online specialty medical clinic that reverses type 2 diabetes safely and sustainably, without the risks, costs, or side effects of medications or surgery.**

## Why does Virta work?

### Address underlying causes

Virta uses a highly individualized approach to carbohydrate intake and nutritional ketosis, accounting for each person's unique biochemistry, medications and lifestyle.

### Physician-led remote diabetes care

Patients use our continuous, technology-enabled remote care from Virta's physician-led team to safely reduce and eliminate diabetes medications.

### Sustainable behavior change

A dedicated health coach provides personalized guidance and accountability to create long-term behavior changes that lead to sustainable results.

### Supplements primary care

Virta coordinates with the patient's primary care team to keep them up to date on progress and changes to the treatment plan.

## Amazing published outcomes

In as little as 10 weeks, individuals with type 2 diabetes can improve glycemic control, decrease medication use, and achieve clinically relevant weight loss.

**56%**

#### DIABETES REVERSAL

HbA1c below 6.5% at follow-up

**1.1%**

#### AVERAGE HBA1C REDUCTION

HbA1c below 6.5% at follow-up

**20%**

#### AVERAGE REDUCTION IN TRIGLYCERIDES

**91%**

#### PATIENT RETENTION

Results published via [diabetes.jmir.org](https://diabetes.jmir.org). McKenzie AL, et al. JMIR Diabetes. 2017; 2(1):e5.

## The Virta patient experience



Medical supervision



Personal health coach



Personalized treatment plan



Biomarker tracking tools and supplies



Private patient community

## How can Virta help you?

### Clinical success

Help your patients meet clinical goals for diabetes management (A1c, weight, etc.).

### Save time

Save your practice time by providing daily nutrition and behavior counseling as well as diabetes medication management.

## Western Health Advantage + Virta

Western Health Advantage is fully covering the cost of Virta for all eligible members with type 2 diabetes.

### Exclusion Criteria

- Younger than 18 years old
- Age 80 or older
- Type 1 diabetes
- Pregnant or nursing
- Diabetic ketoacidosis in past 12 months
- Stage 4 or 5 chronic kidney disease or end stage renal disease on dialysis

**For more information, visit**

[www.virtahealth.com/join/wha](http://www.virtahealth.com/join/wha)