

Reversing Type 2 Diabetes

Western Health Advantage and **Virta Health** are teaming up to offer an innovative, nutritional treatment program that reverses type 2 diabetes, without the risks, costs or side effects of medications or surgery.

Virta's telehealth program helps people lower their blood sugar and hemoglobin A1c, making it possible to reduce diabetes medications and lose weight. There is no additional cost to qualifying members.*



PROGRAM ELEMENTS AND TOOLS

- > **Physician-led care team:** You will have 24/7 access to Virta's board-certified clinical providers and healthcare professionals who will coordinate your care as needed with your primary care provider (PCP).**
- > **One-on-one health coach:** You can message your Virta Health Coach at any time. They are available on-demand to help answer questions on nutrition while offering encouragement.
- > **Diabetes testing supplies:** Virta provides you with everything you need to track your progress, including a bodyweight scale, a meter with glucose and ketone strips, lancets, and swabs and if needed, a blood pressure cuff.
- > **Digital educational tools:** Through Virta's website and mobile app, you can access videos and recipes, and engage with a private online support community.

*Coverage for this program depends on certain eligibility criteria. Eligible members must be between the ages of 18 and 79 with a diagnosis of type 2 diabetes. Visit mywha.org/Virta for more information.

**Let your PCP's office know when you start a new program so they can keep your medical records up to date.

Visit mywha.org/Virta to see if you qualify for this new program.

Take the first step in reversing type 2 diabetes by completing a short application online. You will then be able to schedule a free call with one of Virta's enrollment advisors, who will review how Virta could work for you.

Western
Health
Advantage



Call WHA Member Services at 888.563.2250 or email Virta at support@virtahealth.com.