

Reversing type 2 diabetes with Virta can taste great!

Virta uses the clinically-proven combination of nutritional ketosis, medical supervision, and one-on-one health coaching. You also get all the supplies you need for biomarker tracking, access to a private patient community, and curated recipes, food guides, and meal plans!

Virta can help you:

- ⬇ Lower blood sugar
- ⬇ Decrease medications
- ⬇ Reduce A1c
- ⬇ Lose weight
- ⬇ Lower triglycerides

How is Virta different?

- ⊘ No calorie counting
- ⊘ No fasting
- ⊘ No exercise required
- ⊘ No medication
- ⊘ No surgery

Who is Virta for?

Virta is available to subscribers and spouses between the ages of 18 and 79 who are enrolled in the SEHIP or the LGHIP. This benefit is currently being offered to those with type 2 diabetes. 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.

What's the cost?

There is no copay or out of pocket cost for the treatment—the SEHIP and LGHIP are fully covering the cost of Virta for those that qualify!

Learn more at
virtahealth.com/lghip



Frequently Asked Questions

What is Virta?

Virta is a research-backed treatment that safely and sustainably reverses type 2 diabetes without the risks, costs, or side effects of medications or surgery.

What results can members see when participating in Virta?

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

20%







AVERAGE REDUCTION IN TRIGLYCERIDES

91%

PATIENT RETENTION

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

What does the Virta treatment include?

-  Dedicated health coach
-  Free diabetes testing supplies
-  Medical care from a physician-led team
-  Resources like recipes, grocery lists, etc.
-  Patient community support
-  ...and more!

How does Virta work?

Virta is very different from other diabetes treatments. Virta teaches individual(s) how to change their diet so their body burns fat for energy. This is shown to lower blood sugar and the need for diabetes medication.

What is the cost to the member?

The LGHIP is fully covering the cost of Virta for all eligible subscribers and spouses with type 2 diabetes.

Who is eligible for Virta?

Virta is available to subscribers and spouses between the ages of 18 and 79 who are enrolled in LGHIP.

This benefit is currently being offered to those 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

How do I refer members?

Please direct the member to the landing page below, where they can learn more about Virta and apply!

What does the enrollment process look like?

After completing an application, members will be connected with an enrollment advisor who is available to answer any questions and help them start their journey towards better health!

Where do I point members for more questions?

The landing page should be the primary source for any questions. However, you can direct the member to send an email to support@virtahealth.com.