

The University of Alabama in Huntsville offers two options for type 2 diabetes

For those living with type 2 diabetes, UAH now offers two options to help you reach your health goals.

Whether you would like to reverse diabetes or better manage your diabetes medication, there is a fully covered choice for you through UAH.



Management or Reversal: Which is right for me?



Livongo helps you achieve better results by teaching you how to use your diabetes medication more effectively.

Choose Livongo for diabetes management if you are looking for coaching and unlimited testing supplies, but you are not ready to change your diabetes care provider or diet.



Virta helps you achieve better results by understanding your personal carbohydrate tolerance and changing your diet so you burn fat for energy.

Choose Virta for diabetes reversal if you are looking for provider supervision and 1-1 health coaching to reduce the need for diabetes medication as you change your diet.

What comes with each?

	Livongo for management	Virta for reversal
On-demand health coaching	✓	✓
Unlimited testing supplies	✓	✓
Provider-led monitoring for safety		✓
Reduces the need for diabetes medication		✓
No dietary changes	✓	

Results after 1 year

	Type 2 diabetes management	Type 2 diabetes reversal*
A1c	-0.6%	-1.3%
Medication goal	Medication adherence	Medication reduction
Weight	-1 lb	-30 lbs

*Virta also offers a prediabetes reversal option for employees who are looking to prevent progression to type 2 diabetes and lower A1c to healthy levels.

Visit virtahealth.com/join/uas for eligibility details.