Virta is an online specialty medical clinic that safely reverses type 2 diabetes and prediabetes 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


For more information, visit www.virtahealth.com/join/uas

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.

The Univ. of Alabama in Huntsville + Virta
UAH fully covers the cost of Virta for eligible employees and their adult dependents with type 2 diabetes or prediabetes who are enrolled in a UAH-sponsored health plan through Blue Cross and Blue Shield of Alabama.

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
Join the movement to reverse type 2 diabetes and prediabetes.

Virta uses the research-backed 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 eligible The University of Alabama in Huntsville employees and their adult dependents between the ages of 18 and 79 who are enrolled in a UAH-sponsored health plan through Blue Cross and Blue Shield of Alabama. This benefit is currently being offered to those with type 2 diabetes or prediabetes. 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—Virta is fully covered for those that qualify!

Learn more at virtahealth.com/join/uas
Reversing type 2 diabetes and prediabetes can taste great!

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What is the Virta treatment?
Virta is a treatment that safely reverses type 2 diabetes and prediabetes without the risks, costs, or side effects of medications or surgery.

How does Virta reverse diabetes?
Virta is very different from other diabetes treatments. Virta teaches you how to change your diet so that your body burns fat for energy.

This lowers your blood sugar and need for diabetes medication. Imagine eating eggs, bacon, and avocado for breakfast!

- We change what you eat, not how much you eat.
- By changing what you eat, you can reduce your blood sugar and the need for expensive medication!
- We fully support those who want to exercise, but it is not required to achieve diabetes reversal.

How does Virta work with my specific lifestyle?
We personalize everything: food preferences, food access, religious beliefs, and more—we customize and design the Virta treatment to make sure that it works for you.

What does the Virta treatment include?
- Unlimited 1:1 health coaching
- Free diabetes testing supplies like meters and strips, delivered right to your door!
- Doctor-driven support
- Smartphone app for tracking ketones, glucose, and weight
- On-demand resources like recipes, grocery lists, meal plans and more!

What does this cost?
The University of Alabama in Huntsville fully covers the cost of Virta for eligible employees and their adult dependents with type 2 diabetes or prediabetes who are enrolled in a UAH-sponsored health plan through Blue Cross and Blue Shield of Alabama.

This seems great! How do I start?
This process is very simple! After you apply, you’ll be connected with an enrollment advisor who can answer any questions and help you start your journey towards better health!

Apply today at virtahealth.com/join/uas

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High blood sugar?

Virta can lower it without medications or surgery.

Estimated avg glucose

<table>
<thead>
<tr>
<th>Estimated avg glucose</th>
<th>HbA1c</th>
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60% of patients reversed their type 2 diabetes*

1.3% average reduction in HbA1c

94% of insulin users reduced or eliminated usage

Hallberg et al. Diabetes Ther. 2018; DOI:10.1007/s13300-018-0373-9

* Note that % reversal is defined as the % of patients with HbA1c less than 6.5% who are taking no glycemic control medications or only metformin.

Learn more at virtahealth.com/join/uas

See website for eligibility.