

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

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.

## 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

**For more information, visit**  
[www.virtahealth.com/join/uas](http://www.virtahealth.com/join/uas)



# 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](https://virtahealth.com/join/uas)





# Reversing type 2 diabetes and prediabetes can taste great!

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# Frequently Asked Questions

## 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*.



Scan the QR code with your smartphone to learn more.

## 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?

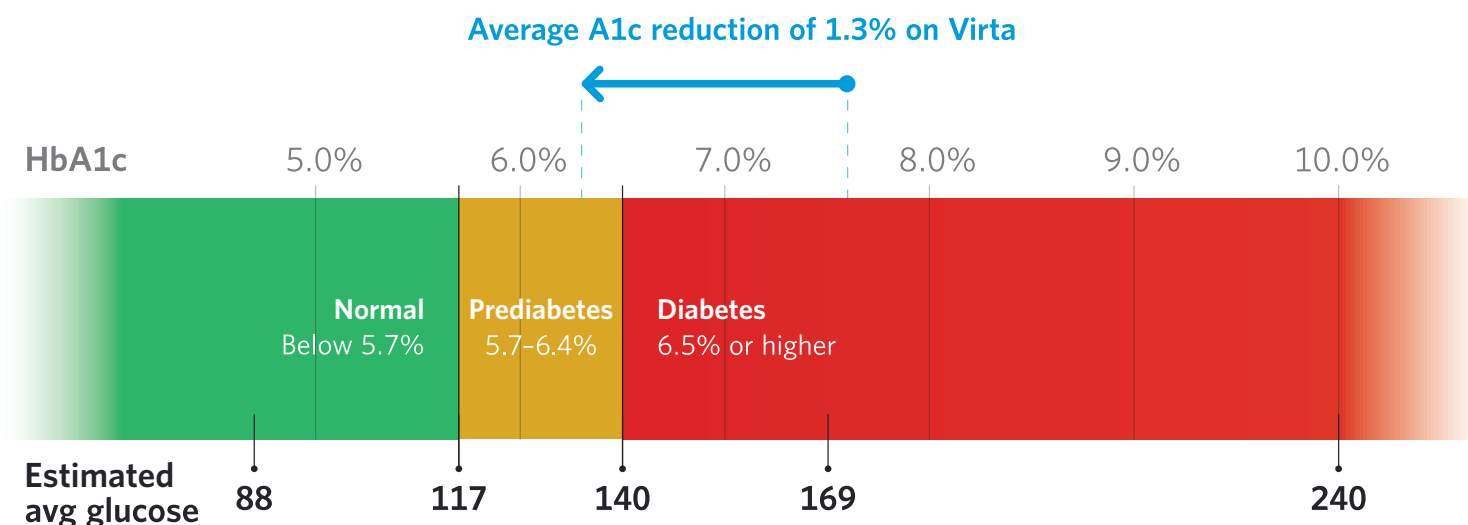
This process is very simple! After you apply, you'll be connected with an enrollment advisor who can answer any questions and help you start your journey towards better health!

**Apply today at**  
[virtahealth.com/join/uas](https://virtahealth.com/join/uas)

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# High blood sugar?

Virta can lower it without medications or surgery.



**Most Virta patients lose weight, lower their A1c, and reduce their diabetes medications.**



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.



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See website for eligibility.

