

# Frequently Asked Questions

## What is Virta Health?

Virta Health is an online clinic that can give members a drug-free way to reverse type 2 diabetes and prediabetes. Members eat their way to better health with a plan made just for them and support from medical clinicians, coaches, and digital health tools.

## What does it mean to “reverse” an issue like type 2 diabetes?

Virta defines reversal by reaching HbA1c below 6.5 without the use of diabetes medications beyond metformin. Members can also see a reduction in weight and other health issues. Diabetes can return if lifestyle changes are not maintained.

## What results can I expect?

Virta members can see real change. 10-week results from a clinical study:

- 87% of members stopped or reduced insulin
- 1.0 pt average A1c drop
- 7% average weight loss  
(that’s nearly 18 lbs for a member who starts care at 250 lbs)

Source: McKenzie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, Glon RM, McCarter JP, Volek JS, Phinney SD. A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes JMIIR Diabetes 2017;2(1):e5, doi: 10.2196/diabetes.6981

## Am I covered for care?

Members and dependents with a qualifying condition can be covered. Visit [virtahealth.com/join/usa](http://virtahealth.com/join/usa) to check eligibility.

For additional questions, reach out to your benefits support team or send an email to [support@virtahealth.com](mailto:support@virtahealth.com).

## What’s included in a care plan?

Eligible Virta members are covered for clinical care, personalized plans, and health tools.

- Online care app (mobile/desktop)
- Clinician support
- Personal nutrition plan
- Recipes, meal plans, and food lists
- Daily health coaching
- Health tracking tools (scale, meter, strips)

## Is Virta right for me?

Virta takes a personal approach to care. This has helped members of diverse backgrounds, needs, and lifestyles find success.

Virta is *not* a good fit if you:

- Are younger than 18 years old
- Are older than 80 years old
- Are pregnant or nursing
- Have stage 4 or 5 chronic kidney disease
- Have end-stage renal disease on dialysis
- Had diabetic ketoacidosis in the past 12 months

## How do I enroll?

New members must apply and complete a health screening to enroll in Virta. Benefit eligibility is confirmed during the application stage. During the health screening stage, applicants will share lab work results and meet with a clinician to be cleared for care.

To get started, visit: [www.virtahealth.com/join/usa](http://www.virtahealth.com/join/usa)  
Or scan the QR code



  
UNIVERSITY OF  
SOUTH ALABAMA

