

# Virta is a clinically-proven treatment that reverses type 2 diabetes



## What can Virta do for my health?

Virta can help you lower your A1c and blood sugar while reducing diabetes medications.

|  | After ten weeks <sup>1</sup> | → | After one year <sup>2</sup> |
|--|------------------------------|---|-----------------------------|
| Patients who reversed* their type 2 diabetes       | 48%                          | → | 60%                         |
| % of insulin users who reduced or eliminated usage | 87%                          | → | 94%                         |
| Average HbA1c reduction                            | 1.0%                         | → | 1.3%                        |

1 McKenzie et al. JMIR Diabetes. 2017; DOI: 10.2196/diabetes.6981  
2 Hallberg et al. Diabetes Ther. 2018; DOI:10.1007/s13300-018-0373-9

## Virta can also help with



**-12%**  
weight loss  
at one year



**-22%**  
reduction in  
triglycerides  
at 10 weeks

\* Reversal is defined as the % of patients with HbA1c < 6.5% who are taking no glycemic control medications or only metformin.

## What does the Virta treatment include?



Medical Supervision



Personalized Treatment Plan



Biomarker Tracking Tools and Supplies



Personal Health Coach



Recipes, Food Guides, and Meal Plans



Private Patient Community

## How does Virta reverse diabetes?

Virta uses a metabolic state called nutritional ketosis, which can be achieved through individualized carbohydrate restriction and a high fat, moderate protein, low carbohydrate diet.

- No Calorie Counting Or Fasting
- No Required Exercise
- No Surgery
- No Medications

## Who is Virta for?

Virta is available at no additional cost to Concordia Health Plan members between the ages of 18 and 69 who have type 2 diabetes. There are serious medical conditions that would exclude some patients from the program. Start the application process now to find out if you qualify.

## How do I get started?

For more information and to start the enrollment process, please go to:

[virtahealth.com/concordia](https://virtahealth.com/concordia)

## What's the cost?

There is no copay or out of pocket cost for the treatment—Concordia Health Plan is fully covering the cost of Virta for those that qualify! There may be an out of pocket expense associated with the EKG test and labs required for enrollment with Virta depending on the provider, facility, your health plan and deductible.

## Questions?

Email [support@virtahealth.com](mailto:support@virtahealth.com)