

# Frequently Asked Questions

## For Potential Members

### What is Virta Health?

Virta is a guided nutrition program to lose weight and reverse type 2 diabetes. Personalized and flexible to your lifestyle, learn to eat foods that are right for you. On demand support from providers and health coaches along with personalized feedback empower you to lose weight, lower your blood sugar, and transform your health.

### Am I covered for care?

Virta is available to The Texas A&M University System employees, spouses, retirees, or dependents with type 2 diabetes between the ages of 18 and 79 who are enrolled in the A&M Care Plan or J Plan. Graduate student employees enrolled in the Grad Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are NOT eligible at this time. T Learn more at [www.virtahealth.com/join/tamus](http://www.virtahealth.com/join/tamus)

### How much does Virta cost?

Virta is fully covered by The Texas A&M University System and available at \$0 cost to you.

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

Reversal of type 2 diabetes on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

### What results can members see?

Based on a clinical study<sup>1</sup>, in just 10 weeks, Virta members **lost 18 lbs on average, reduced their A1c by 1.0 on average, and 87% were able to stop or reduce medications.**

Members have also seen improvements in sleep<sup>2</sup> and blood pressure<sup>3</sup>.

### What's included in a care plan?

Your custom Virta plan is designed to meet your preferences, budget, and lifestyle. Every member has exclusive access to:

- An app for continuous health insights
- Digital weight scale and blood meter that syncs with their phone
- One-on-one health coach support
- Personalized plan backed by clinical research
- Medical provider to safely reduce unwanted medications

### 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 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?

Individuals will start their journey by creating a Virta account, where their eligibility will be confirmed. They'll then complete a health screening, where they'll share lab work results and meet with a Virta clinician for medical clearance.

**Claim your fully covered benefit today to get started**



<sup>1</sup> Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018. DOI: 10.1007/s13300-018-0373-9. Medication and weight-loss is for people living with type 2 diabetes and completing 1 year. Medication reduction refers to the percent of total diabetes prescriptions eliminated, excluding metformin.

<sup>2</sup> Siegmann MJ, Athinayanan SJ, Hallberg SJ, et al. Improvement in Patient-Reported Sleep in Type 2 Diabetes and Prediabetes Participants Receiving a Continuous Care Intervention with Nutritional Ketosis. Sleep Medicine. 2019; 55: 92 - 99. doi: 10.1016/j.sleep.2018.12.014

<sup>3</sup> Bhanpuri, N.H., Hallberg, S.J., Williams, P.T. et al. Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 year: an open label, non-randomized, controlled study. Cardiovasc Diabetol 17, 56 (2018) doi:10.1186/s12933-018-0698-8