

# Frequently Asked Questions



## What is Virta?

Virta is a research-backed treatment that safely and sustainably reverses type 2 diabetes without the risks, costs, or side effects of medications or surgery.

## What results can members see when participating in Virta?

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**

20%







**AVERAGE REDUCTION  
IN TRIGLYCERIDES**

Results published via [diabetes.jmir.org](https://diabetes.jmir.org). McKenzie AL, et al. JMIR Diabetes. 2017; 2(1):e5.

91%

**PATIENT RETENTION**

## What does the Virta treatment include?

-  Dedicated health coach
-  Free diabetes testing supplies
-  Medical care from a physician-led team
-  Resources like recipes, grocery lists, etc.
-  Patient community support
-  ...and more!

## How does Virta work?

Virta is very different from other diabetes treatments. Virta teaches individual(s) how to change their diet so their body burns fat for energy. This is shown to lower blood sugar and the need for diabetes medication.

## What is the cost to the member?

The Virta program is offered at no cost to all Trust PPO Plan participants and eligible family members with type 2 diabetes.

## Who is eligible for Virta?

Virta is available to Washington Teamsters Welfare Trust PPO Plan participants, their eligible covered dependents who have type 2 diabetes and are between the ages of 18 and 79. There are some medical conditions that would exclude patients from the Virta treatment.

### 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

## How do I refer members?

Please direct the member to the landing page below, where they can learn more about Virta and apply!

## What does the enrollment process look like?

After completing an application, members will be connected with an enrollment advisor who is available to answer any questions and help them start their journey towards better health!

## Where do I point members for more questions?

The landing page should be the primary source for any questions. However, you can direct the member to send an email to [support@virtahealth.com](mailto:support@virtahealth.com).