



Virta Q&A

Virta is a research-backed program that helps people safely and sustainably lose weight, stop prediabetes and reverse type 2 diabetes without the risks, costs, or side effects of medications or surgery.



How does Virta work?

Virta is very different from other weight loss and diabetes programs as it teaches individuals 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. It can also help those with prediabetes or who struggle with obesity lose weight and take control of their health.

Who is eligible for Virta?

Virta is available to Washington Teamsters Welfare Trust PPO Plan participants and their eligible covered dependents between the ages of 18 and 79 who have prediabetes, have a Body Mass Index (BMI) of 25 or higher, or are diagnosed with type 2 diabetes. Please note that there are some medical conditions that would exclude patients from the Virta treatment.

What is the cost to me or my family?

None! The Virta program is offered by the Trust and is paid for on your behalf.



I have type 2 diabetes, what results can I expect to see?

In as little as 10 weeks, individuals with type 2 diabetes can improve glycemic control, decrease medication use, and achieve clinically relevant weight loss.

- 1.1% - the average HbA1c reduction
- 20% - the average reduction in Triglycerides
- 56% saw diabetes reversal, with HbA1c below 6.5% at follow up
- 91% of people stuck with the program!

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. JMIR Diabetes. 2017;2(1):e5

What does the program include?

With Virta's personalized plan, each person gets medical supervision from a physician-led care team, a one-on-one health coach, if needed diabetes testing supplies—including a blue-tooth connected meter and scale, educational tools like videos and recipes, and a private online support community.

How do I enroll?

Visit: virtahealth.com/join/wateamsters to begin. After completing an application, participants will be connected with an enrollment advisor who is available to answer any questions and help them start their journey towards better health!