

# Sustainable Weight Loss with Responsible Prescribing



## Member overview + FAQs

A personalized, guided nutrition program to help you sustainably lose weight and transition off unwanted medication.

Priority Health has partnered with Virta, a virtual health clinic, to bring you Sustainable Weight Loss with Responsible Prescribing, a solution trusted by thousands to provide life-changing results with or without GLP-1s.

### With Virta's Sustainable Weight Loss with Responsible Prescribing, you'll have access to:

- On-demand connection with Virta's clinician-led care team and an expert health coach to keep you on track
- Expert support from Virta's Trusted Prescriber Network GLP-1 treatment, including a clinically-managed medication off-ramp
- Virta's digital platform, personalized nutrition therapy with educational resources and community support
- Unlimited virtual visits with Virta's care team, including physicians, registered nurses or physician assistants at \$0 cost share
- Free monitoring supplies, including connected weight scale, nutrition resources and recipes



### How does it work?

When you are enrolled with Virta, you'll be supported by a multispecialty care team that uses nutrition therapy to create personalized plans tailored to your lifestyle and health goals. These plans help you sustainably lose weight and transform your health.



### Why Virta?

Virta Health is a virtual health clinic offering sustainable solutions with proven outcomes. Through nutrition therapy, advanced telehealth multispecialty expert support and a trusted prescriber network, Virta empowers you with the tools and knowledge to sustain changes for a longer, healthier life.

## Frequently Asked Questions (FAQ)

### **Q: How do I know if I am eligible for Virta Sustainable Weight Loss with Responsible Prescribing?**

**A:** Virta Responsible Prescribing is eligible for members 18 and up with a BMI of 30 or 27 with comorbidities. Start the application process to find out if you qualify.

### **Q: Does Virta Responsible Prescribing guarantee that I will lose weight?**

**A:** Virta tailors its approach to each member's unique needs to support sustainable weight loss. While individual results may vary, on average, Virta members lose 18 pounds in just 10 weeks, and 87% of members are able to reduce their medications.

### **Q: How much does Virta Sustainable Weight Loss with Responsible Prescribing cost?**

**A:** Access to Virta's physicians is available to eligible Priority Health members at \$0 cost share. Virta Health does not cover the cost of GLP-1 prescriptions.

### **Q: I'm on a weight loss medication. How does Virta fit in?**

**A:** Virta works alongside medications like GLP-1s, providing support to help you reach your goals with or without medication.

### **Q: I am already taking a GLP-1 for weight loss today. What do I need to do to enroll with Virta and continue my prescription?**

**A:** To continue your medication, you'll need to enroll with Virta. This usually takes a few days and includes a video appointment with a Virta provider. They'll help you decide on your care options and handle your prescription refill and if that includes continuing a GLP-1 prescription. Make sure to allow enough time for the enrollment process to avoid any gaps in your medication.

### **Q: I am currently working with a provider or dietician. Do I have to stop seeing them?**

**A:** Virta respects your existing clinical relationships and encourages you to keep them. During sign-up, you can share your providers' details, and Virta will keep them updated on your care. While some engagement with Virta's health coach and clinician is required for safety, you control how much you interact with your health coach. Most members find value in having their Virta care team available anytime through the app.

### **Q: What if I have more questions?**

**A:** For questions on your health plan, call the number on the back of your member ID card or send us a message in your Member Portal account.

Learn more at [go.virta.com/phemployer](https://go.virta.com/phemployer) or scan the QR code.

