

Diabetes Reversal*

Member overview + FAQs

Experience a proven, personalized nutrition program with a dedicated care team to help you lower your blood sugar and reduce unwanted diabetes medications.

Priority Health has partnered with Virta, a virtual health clinic to bring you Diabetes Reversal, a solution trusted by thousands to provide life-changing results.

What you can get with Virta's Diabetes Reversal:

- On demand connection with Virta's clinician-led care team
- Unlimited virtual visits with Virta's care team, including physicians, registered nurses or physician assistants at \$0 cost share
- Virta's digital platform, personalized nutrition therapy with educational resources and community support
- Free monitoring supplies, including connected weight scale and nutrition resources and recipes
- Clinically-monitored medication off-ramp



How does it work?

When enrolled in Virta, you will be supported by a multispecialty care team to help you fully engage in the program to achieve your health goals. Virta's Diabetes Reversal program utilizes Virta's advanced telehealth platform to provide nutritional therapy education and a sense of community, ensuring the long-term sustainability of your redefined relationship with food.



Why Virta?

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

Learn more at go.virta.com/phemployer or scan the QR code.



*Virta defines Type 2 Diabetes Reversal as achieving an A1c below 6.5% without using diabetes medications other than metformin. This is medically termed "remission," as diabetes can return if lifestyle changes aren't maintained.

Frequently Asked Questions (FAQ)

Q: How do I know if I am eligible for Virta Diabetes Reversal?

A: Virta's Diabetes Reversal may be suitable for adults (18+) diagnosed with type 2 diabetes. There are some medical conditions that would exclude members from the Virta program. Start the application process to find out if you qualify.

Q: Does Diabetes Reversal guarantee I reverse my diabetes diagnosis?

A: Reversal of type 2 diabetes on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. While Virta does have proven outcomes, diabetes and related issues can return if lifestyle changes are not maintained.

Q: How much does Virta Diabetes Reversal cost?

A: Access to Virta's physicians is available to eligible Priority Health members at \$0 cost share.

Q: Do I need to follow a strict diet?

A: No. Dietary changes are encouraged, but you're in control. Virta offers support whether you're making small adjustments or bigger lifestyle changes.

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 or scan the QR code.

