

Virta Type 2 Diabetes Reversal Program

Virta is an online specialty medical clinic that helps members reverse type 2 diabetes safely and sustainably, without the risks, costs or side effects of medications or surgery.

Why does Virta work?

Addresses underlying causes

Virta uses a highly individualized approach to carbohydrate intake and nutritional ketosis, accounting for each person's unique biochemistry, medications and lifestyle.

Physician-led remote diabetes care

Patients use our continuous, technology-enabled remote care from Virta's physician-led team to safely reduce and eliminate diabetes medications.

Sustainable behavior change

A dedicated health coach provides personalized guidance and accountability to create long-term behavior changes that lead to sustainable results.

Supplements primary care

Virta coordinates with the patient's primary care team to keep them up to date on progress and changes to the treatment plan.

Amazing published outcomes*

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

- 5% diabetes reversal**
- 1.1% average HbA1c reduction**
- 20% average reduction in triglycerides
- 91% patient retention

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

**HbA1c below .5% at follow-up

The Virta patient experience

- Medical supervision
- Personal health coach
- Personalized treatment plan
- Biomarker tracking tools and supplies
- Private patient community



How can Virta help you?

Clinical success

Help your patients meet clinical goals for diabetes management (A1c, weight, etc.).

Save time

Save your practice time by providing daily nutrition and behavior counseling as well as diabetes medication management.

Patient Cost

Blue Cross and Blue Shield of Nebraska and self-funded employer groups are covering the cost of Virta for member with type 2 diabetes.

Exclusion Criteria

- Younger than 18 years old
- Age 80 or older
- Type 1 diabetics
- Pregnant or nursing
- Diabetic ketoacidosis in the past 12 months
- Stage four or five chronic kidney disease or end-stage renal disease on dialysis



For more information, please visit
NebraskaBlue.com/Diabetes