

What you should know about Virta

With so many health benefits available, it can be hard to know what's right for you. Here's how Virta stacks up against other common options — so you can make an informed choice.

Benefit type	Health impact	Usage & ease	Time to benefit	Reverses chronic disease?
Virta (weight loss and diabetes reversal)	✓ High (reversing diabetes or obesity will change your life)	✓ 60%+ of members stay with us for 1 year or beyond	✓ See changes within weeks	✓ Clinical trials backing all outcomes
Wellness apps (like Calm, Headspace, etc.)	– Variable (depends on use)	✓ High (easy to download)	– Long (several sessions)	✗ No
Gym memberships	– Variable (depends on use)	✗ Often unused	✗ Long	✗ No
Weight loss programs (like Noom, WW, etc.)	– Moderate (short-term)	– Variable	– Long	✗ No
Condition management programs (like Livongo, Omada, etc.)	– Maintenance only	– Variable	– Mixed	✗ No

Most benefits help you manage disease. Virta helps you reverse it.



"In just a few months, my A1c came down to a controlled level of 5.5% and I lost 65 pounds. My cholesterol levels improved, and my BMI is in the normal range — something that I haven't seen since I was a teenager. I am the happiest and healthiest I've ever been." **Kristina**



You may be eligible for Virta through your employer or health plan at no cost.

Check your benefits portal or visit go.virta.com/compare