

Virta is a clinically-proven treatment that reverses type 2 diabetes



What can Virta do for my health?

Virta can help you lower your A1c and blood sugar while reducing diabetic medications.

	AFTER TEN WEEKS ¹	→	AFTER ONE YEAR ²
Patients who reversed* their type 2 diabetes	48%	→	60%
% of insulin users who reduced or eliminated usage	87%	→	94%
Average HbA1c reduction	1.0%	→	1.3%

1 McKenzie et al. JMIR Diabetes. 2017; DOI: 10.2196/diabetes.6981
2 Hallberg et al. Diabetes Ther. 2018; DOI:10.1007/s13300-018-0373-9

Virta can also help with



-12%
weight loss
at one year



-22%
reduction in
triglycerides
at 10 weeks

* Reversal is defined as the % of patients with HbA1c < 6.5% who are taking no glycemic control medications or only metformin.

What does the Virta treatment include?



Physician Supervision



Personalized Treatment Plan



Biomarker Tracking Tools and Supplies



Personal Health Coach



Recipes, Food Guides, and Meal Plans



Private Patient Community

How does Virta reverse diabetes?

Virta uses a metabolic state called nutritional ketosis, which can be achieved through individualized carbohydrate restriction and a high fat, moderate protein, low carbohydrate diet.

No Calorie Counting Or Fasting

No Required Exercise

No Surgery

No Medications

Who is Virta for?

Virta is available to Mercury Insurance employees and spouses between the ages of 18 and 69 who are enrolled in a Mercury Insurance health plan. This benefit is currently being offered to those with type 2 diabetes.

What's the cost?

While Mercury is covering the majority of the cost of Virta, there is an \$100 copay for the patient per year. There may be some small out of pocket cost associated with the screening EKG required for enrollment.

How do I get started?

For more information and to start the enrollment process, please go to:

virtahealth.com/mercury

Questions?

Email support@virtahealth.com