



# WHAT IF YOU COULD **REVERSE DIABETES?**

*Type 2 diabetes in the US  
is prevalent and costly:*

- 37M Americans
- \$327B total cost<sup>1</sup>

The only way to contain the soaring cost of diabetes is to reverse the course of the disease itself—by returning blood glucose to normal levels while simultaneously de-prescribing costly medication. Reversing Type 2 diabetes is not

## ***Virta's treatment program helps achieve diabetes reversal***

- ▶ **60% of patients reverse diabetes** at one year<sup>2</sup>
- ▶ **83% patient retention** at one year<sup>2</sup>
- ▶ **12% reduction** in 10-year cardiovascular risk<sup>3</sup>
- ▶ **\$425 estimated gross savings**, per member, per month<sup>4</sup>









easy, but Virta has developed a treatment that is effective, scalable and safe.

Virta's treatment program helps achieve diabetes reversal by pairing nutritional therapy and medication adjustments with a physician-led care team. Every patient is assigned a Virta provider — usually a physician or a nurse practitioner — as well as a health coach. And, the Virta team provides guidance and support throughout the program.

Among enrolled patients in Virta's clinical trial at one year, 60% achieved diabetes reversal and 94% of insulin users reduced or eliminated usage altogether. Results extended beyond diabetes reversal to other areas of metabolic and cardiovascular health, with sustained improvements in blood pressure, inflammation, liver function and BMI.



- 
**ENROLLMENT MATERIALS:** Patients learn about the Virta treatment program through Virta’s multi-channel marketing efforts and enroll through Virta’s online portal.
- 
**ONBOARDING:** Patients meet their provider and health coach and then undergo lab testing and provide a medical history.
- 
**NUTRITIONAL CHANGES:** Patients begin making nutritional changes, which are centered on personalized carbohydrate restriction.
- 
**MEDICATION CHANGES:** Virta providers monitor patients’ biomarkers and adjust medication levels, including insulin, to ensure their blood sugar stays in a safe range.
- 
**REAL-TIME COACHING:** Patients can communicate with their health coach every day for questions, encouragement and general advice for adhering to the treatment.
- 
**THE RESULTS:** In Virta’s clinical trial, 60% of patients who completed one year of treatment achieved reversal<sup>2</sup>.

<sup>1</sup>Source: <http://diabetes.org/about-us/statistics/about-diabetes>.

<sup>2</sup>Hallberg SJ et al. Diabetes Therapy. 2018; 9(2):583-612. Percentages are for employees completing Virta treatment. Diabetes-specific medications exclude metformin.

<sup>3</sup>Bhanpuri NH et al. Cardiovas Diabetol. 2018;17;56. 12% represents relative reduction in 10-year ASCVD risk at one year.

<sup>4</sup>Virta Health, Analysis of Type 2 Diabetes Reversal Cost Savings, Sept 2021.



Virta Health, an independent company, offers a diabetes treatment program to Blue Cross and Blue Shield of Alabama members. Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.