



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	Cost savings	Usage & engagement	Time to benefit	Reverses chronic disease?
Virta (weight loss and diabetes reversal)	✓ High (reversing diabetes or obesity will change your life)	✓ Yes (immediate prescription savings for you)	✓ 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.)	– Moderate (mental health)	✗ Depends if paying for therapy out of pocket	✓ High easy to download	– Long several sessions	✗ No
Gym memberships	– Variable (depends on use)	✗ No	✗ Often unused	✗ Long	✗ No
Weight loss programs (like Noom, WW, etc.)	– Moderate (short-term)	✗ Minimal	– Variable	– Long	✗ No
Condition management programs (like Livongo, Omada, etc.)	– Maintenance only	– Some potential	– Variable	– 12+ months	✗ 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