

# Your covered weight loss benefit

## No fad diets or extra gym visits— just foods that are right for you

Virta is your guided nutrition program—available at **\$0 cost to you**. Personalized to your lifestyle and health goals, Virta uses nutrition science to build custom plans that help you sustainably lose weight and transform your health.

## Virta's members see an average of 13% weight loss after one year— without GLP-1s.



"I FEEL wonderful. For the first time in my life, I am losing weight safely and eating real food. The plan is easy to follow, and the weight loss has been so surprising that I've had to buy new clothes already."

**Bob, Virta member**



Visit **[go.virta.com/honorhealthlaunch](https://go.virta.com/honorhealthlaunch)** or scan the QR code to claim your benefit today.

## Virta is your fully-covered benefit for better health.

Get personalized nutrition support at no cost to you.

[Claim my benefit](#)

## At \$0 cost to you, you'll receive:



Personalized health coaching



Connected weight scale



Exclusive nutrition resources and recipes



Dedicated medical guidance



Virta's Weight Loss program is available to HonorHealth members, spouses, and eligible dependents 18 years or older who are enrolled in coverage through HonorHealth, have a BMI of 27 or higher and meet clinical guidelines for overweight, obesity, prediabetes, or have Type 2 diabetes. Space is limited. Please note that certain medical conditions may prevent eligibility for the program.

# Frequently Asked Questions For Potential Members

HONORHEALTH®



## What is Virta Health?

Virta is a guided nutrition program to lose weight. Personalized and flexible to your lifestyle, learn to eat foods that are right for you. On demand support from providers and health coaches along with personalized feedback empower you to lose weight and transform your health.

## What's included in a care plan?

Your custom Virta plan is designed to meet your preferences, budget, and lifestyle. Every member has exclusive access to:

- An app for continuous health insights
- Digital weight scale and blood meter that syncs with their phone
- One-on-one health coach support
- Personalized plan backed by clinical research
- Medical provider to safely reduce unwanted medications

## How much does Virta cost?

Virta is available at no cost through your insurance coverage.

## How do I enroll?

Individuals will start their journey by creating a Virta account, where their eligibility will be confirmed. They'll then complete a health screening, where they'll share lab work results and meet with a Virta clinician for medical clearance.

## Is my information confidential?

Yes. Virta takes your privacy seriously. Your personal health information is kept confidential and is used to provide your care and manage your participation in the program.

## How often do I meet with my Virta care team?

This will vary based on your needs. Every member has an introduction meeting with our clinical team and a health coaching call. Moving forward, members can speak to their health coach and their medical provider as needed.

## How long does the Virta Health Pilot last?

The Virta Health Pilot program will last until at least November 1, 2027. Some members achieve their goals in as early as 90 days, but these results vary by member.

## What results can members see?

Based on a clinical study<sup>1</sup>, in just 10 weeks, Virta members **lost 18 lbs on average, reduced their A1c by 1.0 on average, and 87% were able to stop or reduce medications**. Members have also seen improvements in sleep<sup>2</sup> and blood pressure<sup>3</sup>.

## Is Virta right for me?

Virta takes a personal approach to care. This has helped members of diverse backgrounds, needs, and lifestyles find success.

Virta is not a good fit if you:

- Are younger than 18 years old
- Are pregnant or nursing
- Have stage 4 or 5 chronic kidney disease
- Have end-stage renal disease on dialysis
- Had diabetic ketoacidosis in the past 12 months

## More questions?

Start the application process and your Enrollment Advisor can answer any questions you may have.

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1. Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. *Diabetes Ther*. 2018. DOI: 10.1007/s13300-018-0373-9. Medication and weight-loss is for people living with type 2 diabetes and completing 1 year. Medication reduction refers to the percent of total diabetes prescriptions eliminated, excluding metformin.
2. Siegmann MJ, Athinarayanan SJ, Hallberg SJ, et al. Improvement in Patient-Reported Sleep in Type 2 Diabetes and Prediabetes Participants Receiving a Continuous Care Intervention with Nutritional Ketosis. *Sleep Medicine*. 2019; 55: 92 - 99. doi: 10.1016/j.sleep.2018.12.014
3. Bhanpuri, N.H., Hallberg, S.J., Williams, P.T. et al. Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 year: an open label, non-randomized, controlled study. *Cardiovasc Diabetol* 17, 56 (2018) doi:10.1186/s12933-018-0698-8