

## For Plan Administrators

### What is Virta Health?

Virta Health is a virtual clinic that can give members a food-based way to reverse type 2 diabetes. Members eat their way to better health with a plan made just for them and support from medical providers, coaches, and digital health tools.

### What does it mean to “reverse” an issue like type 2 diabetes?

Virta defines reversal by reaching HbA1c below 6.5% without the use of diabetes medications beyond metformin. Members can also see a reduction in weight and other health issues. Diabetes can return if lifestyle changes are not maintained.

### What results can members see?

10-week results from a clinical study:

- 87% of members stopped or reduced insulin
- 1.0 pt average A1c drop
- 7% average weight loss  
(that’s nearly 18 lbs for a member who starts care at 250 lbs)

Source: McKenzie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, Glon RM, McCarter JP, Volek JS, Phinney SD. A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes *JMIR Diabetes* 2017;2(1):e5, doi: 10.2196/diabetes.6981

### Who is covered for care?

LPL Financial employees and eligible dependents between the ages of 18 and 79 who are enrolled in an Aetna plan through LPL qualify for coverage.

Visit [www.virtahealth.com/join/lpl](http://www.virtahealth.com/join/lpl) for more details.

### What’s included in a care plan?

Eligible Virta members are covered for clinical care, personalized plans, and health tools.

- Online care app (mobile/desktop)
- Provider support
- Personal nutrition plan
- Recipes, meal plans, and food lists
- Daily health coaching
- Health tracking tools (scale, meter, strips)

### Who is Virta *not* for?

Virta is not fit for individuals who:

- Are younger than 18 years old
- Are older than 80 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

### What does enrollment look like?

Individuals must apply and complete a health screening to enroll in Virta. Benefit eligibility is confirmed during the application stage. During the health screening stage, applicants will share lab work results and meet with a clinician in order to receive medical clearance to start care.

### How can someone get started?

They can visit [www.virtahealth.com/join/lpl](http://www.virtahealth.com/join/lpl).

For additional questions, individuals can reach out to their plan administrator or send an email to [support@virtahealth.com](mailto:support@virtahealth.com).