

Frequently Asked Questions



What is the Virta treatment?

Virta is a treatment that safely reverses type 2 diabetes and prediabetes without the risks, costs, or side effects of medications or surgery.

How does Virta reverse type 2 diabetes?

Virta is very different from other diabetes treatments. Virta teaches you how to change your diet so that your body burns fat for energy.

This lowers your blood sugar and need for diabetes medication. Imagine eating eggs, bacon, and avocado for breakfast!



We change *what* you eat, not how much you eat.



By changing what you eat, you can reduce your blood sugar and the need for expensive medication!



We fully support those who want to exercise, but it is not required to achieve diabetes reversal.

How does Virta work with my specific lifestyle?

We personalize everything: food preferences, food access, religious beliefs, and more—we customize and design the Virta treatment to make sure that it works for you.

What does the Virta treatment include?

-  Unlimited 1:1 health coaching
-  Free diabetes testing supplies like meters and strips, delivered right to your door!
-  Doctor-driven support
-  Smartphone app for tracking ketones, glucose, and weight
-  On-demand resources like recipes, grocery lists, meal plans and more!

What does this cost?

Fully covered!

Trilogy Health Services is fully covering the cost of Virta for all benefits-enrolled employees and dependents with type 2 diabetes or prediabetes.

This seems great! How do I start

This process is very simple! After you apply, you'll be connected with an enrollment advisor who can answer any questions and help you start your journey towards better health!

Apply today at

www.virtahealth.com/join/trilogy

Scan to learn more!



Virta is available to Trilogy Health Services employees, spouses, and adult dependents between the ages of 18 and 79 who are enrolled in a Trilogy Health Services health plan through Anthem. This benefit is currently being offered to those with type 2 diabetes or prediabetes.