



Gina, after 3 months on Virta

"Since I have started my Virta journey 3 months ago, I have gone from needing 60 units of slow-release insulin down to just 4 units. And I am completely off of any fast-acting insulin injections, so no more double shots!"



Carlos, after 4 months on Virta

"Virta has helped me lose weight and has given me so much more energy to go about my day. I'm proud of how I've been able to change my eating habits and discover new foods that improve my health."

What is Virta?

Virta is a comprehensive medical treatment that can help patients either reverse or better manage their type 2 diabetes and prediabetes while also providing a safe and sustainable weight loss option.

Virta's reversal treatment for type 2 diabetes, prediabetes, and weight loss provides personalized nutritional guidance and the support of a dedicated health coach in addition to the tools and unlimited supplies needed to measure and track success. Also, any modifications to existing treatment plans or medications are closely monitored and supervised by a specially trained provider-led team.

For those looking to take a smaller first step, Virta also provides a management option that includes many of the same great tools, including the blood glucose meter, unlimited testing strips and lancets, and on-demand coaching, without requiring any dietary changes.

What does Virta cost?

The State of New Mexico (SoNM) and Local Public Body (LPB) entities fully cover the cost of Virta (valued at over \$3,000) for you and your eligible family members with type 2 diabetes or prediabetes who are covered under the SoNM's Presbyterian Health Plan or BCBS New Mexico health plan. Virta is also available for covered members with a BMI of 30 or greater who are interested in safe and sustainable weight loss.

Benefits Description and Eligibility

Type 2 Diabetes Reversal

- For those diagnosed with type 2 diabetes (A1c of 6.5% or higher).
Virta's reversal treatment for type 2 diabetes safely eliminates or reduces diabetes medications and returns blood sugar to sub-diabetic levels, while helping with weight loss.¹

Diabetes Management

- For those diagnosed with type 1 or type 2 diabetes.
Virta's diabetes management monitors and controls blood sugar with supplies and on-demand coaching.

Prediabetes Reversal

- For those diagnosed with prediabetes (A1c between 5.7% and 6.5%).
Virta's reversal treatment for prediabetes returns blood sugar to sub-prediabetic levels and delivers clinically significant weight loss.¹

Obesity Treatment

- For those with a BMI of 30 or greater.
Virta for weight loss offers patients a safe and sustainable way to lose weight, delivering clinically significant weight loss of 5-12%.¹

Virta is available to employees and eligible dependents of the State of New Mexico (SoNM) and Local Public Body (LPB) entities between the ages of 18 and 79 who are enrolled in a State-sponsored health plan through Presbyterian Health Plan or BCBS New Mexico.

Get started on a life free from diabetes: www.virtahealth.com/join/sonm

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.

