




Virta is a clinically-proven treatment that reverses type 2 diabetes and prediabetes



What can Virta do for my health?

Virta can help you lower your A1c and blood sugar while reducing diabetic medications.

	AFTER TEN WEEKS ¹	AFTER ONE YEAR ²
 Patients who reversed* their type 2 diabetes	48% →	60%
 % of insulin users who reduced or eliminated usage	87% →	94%
 Average HbA1c reduction	1.0% →	1.3%

1 McKenzie et al. JMIR Diabetes. 2017; DOI: 10.2196/diabetes.6981
2 Hallberg et al. Diabetes Ther. 2018; DOI:10.1007/s13300-018-0373-9

Virta can also help with



-12%
weight loss
at one year



-22%
reduction in
triglycerides
at 10 weeks

* Reversal is defined as the % of patients with HbA1c < 6.5% who are taking no glycemic control medications or only metformin.

What does the Virta treatment include?



Physician Supervision



Personalized Treatment Plan



Biomarker Tracking Tools and Supplies



Personal Health Coach







Recipes, Food Guides, and Meal Plans



Private Patient Community

How does Virta reverse diabetes?

Virta uses a metabolic state called nutritional ketosis, which can be achieved through individualized carbohydrate restriction and a high fat, moderate protein, low carbohydrate diet.

-  **NO** calorie counting or fasting
-  **NO** required exercise
-  **NO** surgery
-  **NO** medications

Who is Virta for?

Virta is available to Activision Blizzard employees, spouses and adult dependents between the ages of 18 and 79 who are enrolled in a Collective Health medical plan. This benefit is currently being offered to those with type 2 diabetes and prediabetes.

What's the cost?

There is no copay or out of pocket cost for the treatment—Activision Blizzard is fully covering the cost of Virta for those that qualify!

How do I get started?

For more information and to start the enrollment process, please go to:

virtahealth.com/join/activisionblizzard

Questions?

Email support@virtahealth.com