

# Get started with a type 2 diabetes treatment



## Why has Humana teamed up with Virta?

Humana has teamed up with Virta to provide a research-backed treatment that safely and sustainably reverses type 2 diabetes\* without the risks, costs, or side effects of medications or surgery.

## Who is eligible for Virta?

Virta is available to members and eligible dependents between the ages of 18 and 79. This benefit is currently being offered to those with type 2 diabetes.

## What are the benefits to the employer?

Virta is a breakthrough treatment for type 2 diabetes. Virta reduces A1c below the diabetic threshold while safely eliminating costly medications.

**\$5,500**

MEDICAL SPEND<sup>1</sup>

Annual cost savings, per patient, per year, based on claims analysis of a commercial customer

**71%**

RX COST REDUCTION<sup>2</sup>

Average diabetes Rx cost reduction for commercial patients after one year

## Virta's fees are 100% at risk<sup>†</sup>

Three performance guarantees:

- A1c reduction
- Diabetes Rx cost reduction
- Weight loss

## How does Virta work?

Virta is very different from other diabetes treatments. Virta teaches individuals how to change their diet so their body burns fat for energy. This is shown to lower blood sugar and the need for diabetes medication.

## What does the Virta treatment include?



Dedicated health coach



Diabetes testing supplies



Medical care from a physician-led team



Resources like recipes and grocery lists



Patient community support



...and more!

**56%**

DIABETES REVERSAL<sup>3</sup>

HbA1c below 6.5% at follow-up

**1.1%**

AVERAGE HBA1C REDUCTION<sup>4</sup>

**20%**

AVERAGE REDUCTION IN TRIGLYCERIDES<sup>5</sup>

**91%**

PATIENT RETENTION<sup>6</sup>

## What results can members see when participating in Virta?

In a little over 2 months, individuals with type 2 diabetes can improve glycemic control, decrease medication use, and achieve clinically relevant weight loss.

## How do eligible Humana members find out about Virta?

Members will be selected based on a current medical diagnosis, medical claims and medications that qualify them as a good candidate for Virta's type 2 diabetes treatment. Selected members will receive communications about how they can participate and will be matched with a Virta enrollment advisor who will guide them through the enrollment process.



<sup>1</sup> Sarah J. Hallberg et al., "Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study," *Diabetes Therapy*, 9 (February 2018): 583-612, <https://doi.org/10.1007/s13300-018-0373-9>.

<sup>2</sup> Hallberg et al., "Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study."

<sup>3</sup> Amy L. McKenzie et al., "A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes," *JMIR Diabetes*, 2 (June 2017):e5, last accessed April 29, 2022, doi: 10.2196/diabetes.6981.

<sup>4</sup> McKenzie, "A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes."

<sup>5</sup> McKenzie, "A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes."

<sup>6</sup> McKenzie, "A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes."

\*Type 2 diabetes cannot be cured; the disease will return if lifestyle changes are not successfully maintained. Diabetes reversal is defined by Virta as maintaining an HbA1c below 6.5% with the elimination of all diabetes-specific medications.

† Performance guarantees are only available to group sizes over 5,000. Restrictions apply.

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