

Virta

Lose weight and reverse prediabetes or type 2 diabetes



How it works

Treatment includes:

- **Daily medical supervision**

Your Virta care team oversees your weight loss and/or prediabetes or diabetes care. But they won't replace your primary care provider. Instead, they work with them to coordinate your care. With Virta, you get daily medical supervision from a physician-led team. Your Virta care team will keep you safe and adjust any medications in real time.

- **One-on-one health coaching**

Your Virta health coach is your guide to better health. They will help you change your diet and other health habits in ways that work for you. Your coach will be there to support and encourage you every step of the way. Through the Virta app, you can message your coach whenever you need help.

- **All the supplies you need**

All diabetes testing supplies, like glucose strips, lancets, swabs and a meter are included, if needed. You also get tools to understand your ability to burn fat, including blood ketone strips and a connected scale. Everything is shipped right to your door, free of charge.

- **Private patient community**

Through the Virta app, you can access a private patient community to share tips and favorite recipes in a moderated and safe environment. Participation is optional, but most patients choose to join for the extra support.

Why you would use it

If you want to lose weight (with a BMI greater than 27) and/or have prediabetes or type 2 diabetes, Virta can help you lose weight, reduce your blood sugar and A1C, get off diabetes medicine (if applicable) and regain energy.

What it costs

It's free. The company covers all costs.

Who can use it

It's available to RTX employees and eligible dependents ages 18 or older who are enrolled in company medical coverage through Anthem Blue Cross Blue Shield and meet these requirements:

- Weight loss — BMI greater than 27.
- Prediabetes reversal — A1C between 5.7–6.4.
- Diabetes reversal — diagnosed with type 2 diabetes, A1C greater than 6.5 or on an anti-diabetic medication.

How to access it

Get more information or sign up at virtahealth.com/join/rtx.