



# Reversing type 2 diabetes can taste great!

[virtahealth.com/harvardpilgrim](http://virtahealth.com/harvardpilgrim)



 Harvard Pilgrim  
Health Care






CITY of BOSTON

 **virta**






# Virta can help you reverse type 2 diabetes.

Virta is a clinically-proven medical nutrition treatment to safely and sustainably reverse type 2 diabetes without the risks, costs, or side effects of medications or surgery. You also get all the supplies you need for biomarker tracking, access to a private patient community, and curated recipes, food guides, and meal plans!

## Virta can help you:

-  Lower blood sugar
-  Decrease medications
-  Reduce A1c
-  Lose weight
-  Lower triglycerides

## How is Virta different?

-  No calorie counting
-  No fasting
-  No exercise required
-  No medication
-  No surgery

## WHO IS VIRTA FOR?

Virta is available for up to 400 Harvard Pilgrim Health Care members between the ages of 18 and 79 who are enrolled in a Harvard Pilgrim health plan through the City of Boston. This treatment is currently being offered to those with type 2 diabetes. Participation in the Virta treatment will be covered for one year from the start of enrollment. After one year, the program will be evaluated and participants will be notified of potential future coverage.

Lab work required by Virta and performed by LabCorp will be paid for by Harvard Pilgrim as part of your participation in the Virta treatment program. For all other lab providers, please refer to your plan documents for coverage and any member-associated costs.

After the first 400 members have enrolled, new applicants will be added to a waiting list should space become available in the future. There are some medical conditions that would exclude members from the Virta treatment. Start the application process to find out if you qualify.

## WHAT'S THE COST?

There is no copay or out of pocket cost for the treatment—Harvard Pilgrim Health Care is covering the cost of Virta for those that qualify!

Learn more at [virtahealth.com/harvardpilgrim](https://virtahealth.com/harvardpilgrim)