Frequently Asked Questions

What is the Virta treatment?

Virta is a program that helps safely reverse type 2 diabetes, prediabetes, and obesity without the risks, costs, or side effects of medications or surgery.

How does Virta reverse diabetes?

Virta is very different from other diabetes options. Virta teaches you how to change your diet so that your body burns fat for energy.

This lowers your blood sugar and need for diabetes medication. Imagine eating eggs, bacon, and avocado for breakfast!

We change *what* you eat, not how much you eat.

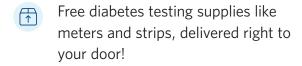By changing what you eat, you can reduce your blood sugar and the need for expensive medication!

We fully support those who want to exercise, but it is not required to achieve diabetes reversal.

How does Virta work with my specific lifestyle?

We personalize everything: food preferences, food access, religious beliefs, and more—we customize and design the Virta treatment to make sure that it works for *you*.

What does the Virta treatment include?

- Unlimited 1:1 health coaching

- Free diabetes testing supplies like meters and strips, delivered right to your door!

- Doctor-driven support

- Smartphone app for tracking ketones, glucose, and weight

- On-demand resources like recipes, grocery lists, meal plans and more!

What does this cost?

The cost of Virta is fully covered for you and your eligible family members with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater who are enrolled in a YMCA Employee Benefits medical plan.

This seems great! How do I start?

This process is very simple! After you apply, you'll be connected with an enrollment advisor who can answer any questions and help you start your journey towards better health!

Apply today at
virtahealth.com/join/ymca

Virta is available to YMCA employees and eligible dependents between the ages of 18 and 79 who are enrolled in a YMCA Employee Benefits medical plan. This benefit is currently being offered to those with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.