

Frequently Asked Questions



What is the Virta treatment?

Virta is a treatment that safely reverses type 2 diabetes and obesity without the risks, costs, or side effects of medications or surgery.

How does Virta reverse type 2 diabetes and obesity?

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

This lowers your blood sugar and need for certain 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 certain 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 choices, food access, religious beliefs, and more—we customize 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?

Quartz provides access to Virta at no additional cost* to eligible members who have type 2 diabetes or a BMI of 30 or greater.

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/quartz

Virta is available to Quartz members and eligible dependents between the ages of 18 and 79 who are enrolled in an eligible health plan through Quartz. Eligible Quartz health plans include most commercial fully-insured, self-funded, and Medicaid plans. This benefit is currently being offered to those with type 2 diabetes and obesity (defined as having a BMI of 30 or greater). There are some medical conditions that would exclude members from the Virta treatment. Start the application process now to find out if you qualify. *Please note additional costs may be incurred for labs obtained from an out-of-network provider.

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