

# Frequently Asked Questions



## What is the Virta treatment?

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

## How does Virta reverse type 2 diabetes?

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 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?

Mercury covers the cost of Virta, valued at over \$3,000, for all benefits-enrolled team members and spouses between the ages of 18 and 79 with type 2 diabetes and prediabetes\*.

## 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**

[www.virtahealth.com/join/mercury](http://www.virtahealth.com/join/mercury)

\*While Mercury is covering the majority of the cost of Virta, there is a \$150 copay for the patient for the first year and a \$100 copay for the patient for ongoing years.