

What's included in a care plan?

Eligible Virta members are covered for clinical care, personalized plans, and health tools.

- Online care app (mobile/desktop)
- Clinician support
- Personal nutrition plan
- Recipes, meal plans, and food lists
- Daily health coaching
- Health tracking tools (scale, meter, strips)

Is Virta right for me?

Virta takes a personal approach to care. This has helped members of diverse backgrounds, needs, and lifestyles find success.

Virta is not a good fit if you:

- Are pregnant or nursing
- Have end-stage renal disease on dialysis

Are pregnant or nursing

Have end-stage renal disease on dialysis

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How do I enroll?

New members must apply and complete a health screening to enroll in Virta. Benefit eligibility is confirmed during the application stage. During the health screening stage, applicants will share lab work results and meet with a clinician to be cleared for care.

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‘ average weight loss

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