



Virta Health Program Overview



Better health is within reach!

City National Bank has partnered with Virta Health, a virtual clinic that helps members reverse type 2 diabetes, prediabetes, and lose weight. No required gym visits, and no calorie counting.

Imagine better health, fewer medications, and more time for the things you love.



Enrollment is open - learn more today:
www.virtahealth.com/join/citynationalbank

Virta is a virtual clinic for **reversing** type 2 diabetes, prediabetes, and obesity.

We reverse these conditions through a combination of nutritional therapy and virtual care focused on lasting behavior change & safe medication **deprescription**.

We deliver **rapid and sustained** results that are clinically validated, across virtually **any demographic**.



Available Virta Programs



Diabetes Reversal

Return blood sugar to sub-diabetic levels and safely deprescribe diabetes medications

For members with T2D ready to reverse



Prediabetes Reversal

Return blood sugar to sub-prediabetic levels and deliver clinically significant weight loss

For members with prediabetes (A1c from 5.7 to 6.4)



Sustainable Weight Loss

Deliver clinically significant weight loss of 5–12%

For members with BMI > 27



Diabetes Management

Log blood sugar and provide app-based educational content.

For members with T2D & not ready to reverse, or T1D

NUTRITIONAL THERAPY + ADVANCED TELEHEALTH

ADVANCED TELEHEALTH

How Virta works

NUTRITIONAL THERAPY

Addresses feelings of hunger
without calorie counting



ADA
cited



Low carb
approach



Tailored
to n=1



Member

ADVANCED TELEHEALTH

Ensures engagement, safety,
and sustainability



Intensive
coaching



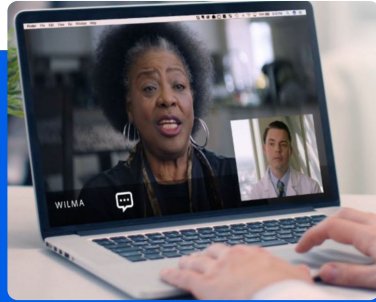
Remote
monitoring



Medication
management

Virta Reversal: Member Experience

Member experience: enrollment



Complete Application

Navigate to virtahealth.com to start the application process and get connected with the Enrollment Team

Intro to Clinical Team

Virta clinical team runs a clinical intake call to take patients medical history and ensure readiness for care

Medical Equipment and Supplies

Virta delivers remote monitoring equipment, including connected scale, testing strips, and reading materials

Guided Education Curriculum

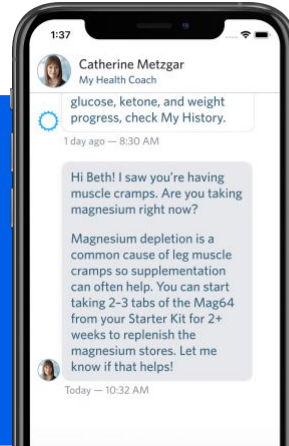
Patients review easy-to-understand video and written e-learning resources that prepare them for care

Member experience: clinical care



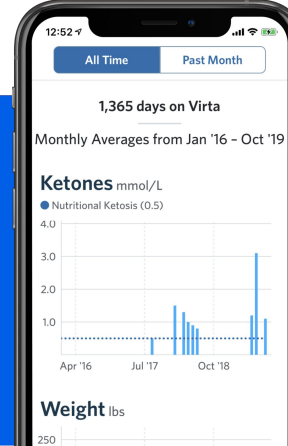
Nutritional changes

Patients engage in personalized carbohydrate restriction. Encouraged to eat until full; no calorie counting



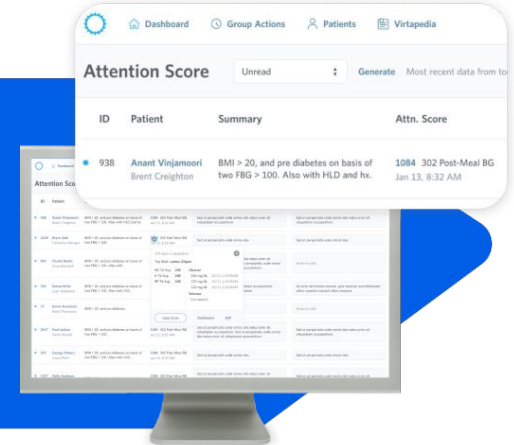
Health Coaching

Patients engage in frequent chats with dedicated health coach team, with near daily interactions, tailored to the patient's preferences



Biomarker Logging

Patients track ketones, weight, and subjective factors such as mood and hunger



Provider-led Deprescription

Providers monitor patient biomarkers and focus on safe medication deprescription – getting people off of costly drugs like insulin or GLP-1s

* Providers = physicians & nurse practitioners

Get started today

- 1 Visit to virtahealth.com/join/citynationalbank
- 2 Fill out a short form
- 3 Schedule intake call with Virta enrollment team to learn more!

Check eligibility:

virtahealth.com/join/citynationalbank



Virta makes a difference

"With the support of Virta, I've completely changed the trajectory of my mental and physical health."

"On Virta, I feel like I can now do anything I want, and I am in control of my life and health."

"If I hadn't started Virta, my life could be anywhere from sitting on the couch to buried in the ground. Now, I get to spend time with my grandkids. I know I'm going to survive a lot longer because of Virta."



Virta's Diabetes Reversal Benefits The Whole Person

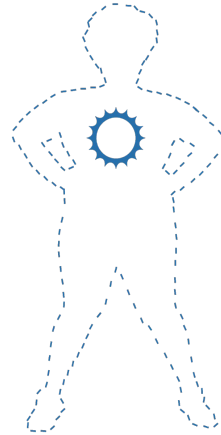
Core Diabetes Reversal Outcomes



Reduce HbA1c



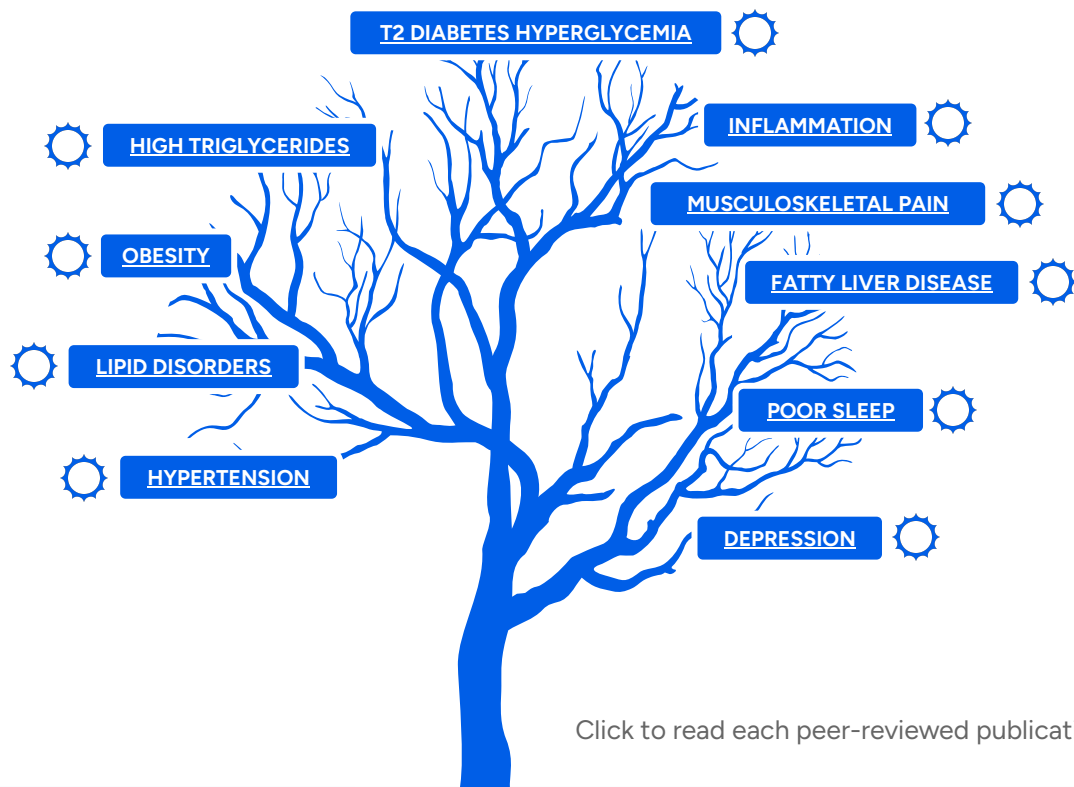
Reduce or Eliminate Diabetes Rx



Additional Proven Clinical Outcomes

- Reduce Weight
- Reduce Blood Pressure
- Improve Lipids
- Reduce Inflammation
- Improve Liver Function
- Address Musculoskeletal Pain
- Improve Sleep
- Reduce Depression

Virta delivers additional benefits to overall health



Click to read each peer-reviewed publication

Virta Addresses the Root Cause

Why Virta works

Virta is built around personalization.

From intake to reversal, Virta's #1 goal is to understand each individual's unique goals, stressors, challenges, food preferences, allergies, food budget, food access, religious factors, cultural and socioeconomic factors.





Reverse Diabetes, Prediabetes, and Obesity

City National Bank fully covers the cost of Virta for you and your eligible family members with type 2 diabetes, type 1 diabetes, prediabetes, or weight gain. Virta is also covered for those with a BMI of 27 or greater who are interested in safe and sustainable weight loss.

Eligibility details:

- Enrolled in a City National Bank health plan through Anthem or Kaiser
- Age 18-79
- Access to smartphone

Enrollment is open anytime - learn more today:
www.virtahealth.com/join/citynationalbank

In Virta, members with obesity have an alternative to GLP-1s

“The ozempic helped, but there is no magic bullet out there. I needed to change my diet.

The energy level I have now is amazing, I’m walking 6–8 miles a day. My attitude is way better too. I didn’t care about a lot of things before, but now I do.”

– Dan, lost 110 pounds on Virta



Before



After

No injections. No problems. Redefine your weight loss.

Virta Health helps you identify what food your body needs more of, and less of, to naturally burn fat and gain energy.

12lbs Average 10-week
weight loss¹

Check eligibility for \$0 care:

virtahealth.com/join/citynationalbank



1. Virta Health Registry, average weight loss among enterprise members with obesity cared for 70d. Weight change calculated from 3d average carried forward from last recorded in case of missing data at 70d. Data as of 4/12/2023.



Abbie

Results after 11 months on Virta

- ✓ Lowered A1C by 5% after 6 months, from 12% to 7%
- ✓ Lost 40 pounds, 15% reduction in bodyweight
- ✓ Eliminated all diabetes-specific medications, including Tresiba, Bydureon, and glipizide
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“For a long time, I have wanted to be as healthy as I was 20 years ago, and for the first time since, it’s actually happening! Not only do I feel better physically, but also mentally and spiritually as well.”

Quote, Photos and Video provided in July 2023



virta