

We're excited to support you in your journey to better health

Welcome and thank you for being here at Virta. We look forward to partnering with you on this life-changing journey. You might be feeling a lot of things right now: excited, anxious, a bit worried of what lies ahead. Do not fear—we will be here for you through it all!

You will receive—or have already received—an email in the coming days outlining next steps. Until then, this sheet will help you get started and continue to serve as a useful reference.

Don't start yet!

*Excited? We are too, but for your safety and success, be sure to wait for the official go-ahead from your care team. We want your **first start** to be your **best start!***

What's in your starter kit?

The tools in this kit will help you and us work as a team to personalize your journey based on your body's response to the treatment. Below is an overview of the items in your kit (*detailed setup instructions can be found in the Virta app*):



Glucose & Ketone Meter with Strips

Your glucose (blood sugar) and ketone measurements will help you understand the effect of food and other factors.

Note: The meter *does not* connect to the Virta app; readings must be entered manually.



Food Scale

Your food scale will help you meet your personalized daily protein target. It is helpful to weigh your portions of protein-containing foods, such as nuts, meat, and tofu.

Note: The scale is especially helpful in the beginning for accurately estimating portion sizes and will help with spot protein checks along the way.



Body-weight Scale

Stepping on the scale *daily* will help you capture true weight changes over time.

Note: Readings will automatically sync to the Virta app.



Magnesium

This mineral helps with muscle cramps and spasms, which are common, and can be corrected by getting enough magnesium. Your care team will help you decide if magnesium supplementation is right for you.



Bouillon

Getting enough sodium is important for your health. Once started, you'll learn about your sodium needs and how bouillon can help you meet your individual needs.

Need more information?

Visit the **Resource Center** in the Virta app for treatment-related questions and educational resources, and the **Support Center** for questions related to billing, tech support, supplies, and more.

Tips and Advice from Virta Patients

Your fellow Virta patients want to share their advice for getting started



Trust the science!

“Stick to your personal treatment. Try to focus on yourself rather than comparing your needs or progress to others. Use your biomarkers to help you understand what’s best for you.”

Johnny, 8 months on Virta



Find and remember your “why”

“Trust me, you can enjoy life by applying these lifestyle changes that will help you feel better. Focus on *your why* (what’s really driving you to improve your life with Virta) and always remember Virta is here for you—I promise.”

Japhet, 1 year on Virta



Partner with your health coach team

“Engage with your Virta coach team on a regular basis. Let them partner with you to help you achieve optimal health results through personalized care. Your coach, provider, and Virta community are there to help.”

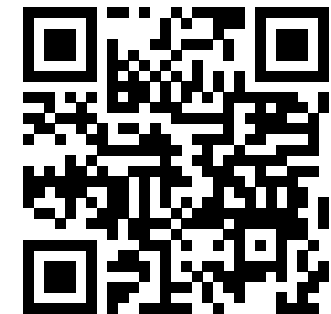
Ann, 2 years on Virta

What can I do now?

Download the Virta app and activate your account

With access to the Virta app you have resources at your fingertips: how-to guides, recipes, a community of patients to connect with and of course, your care team. Your team is looking forward to meeting you so login today! Scan the QR code to the right with your smartphone’s camera to download the Virta app and activate your account.

Are you having trouble with this step? Contact support@virtahealth.com



Set up your meter

- Set the date and time
- Only use control solution if you have an issue with the meter
- Visit the app for how-to videos and detailed instructions on usage

Set up your body-weight scale

- Use your scale on a hard, flat surface (not carpet), and try not to move it in-between sessions for reliable readings
- The scale is cellularly connected and readings will automatically sync to the app once the number flashes

Start learning and connecting!

Once in the Virta app, you can begin the educational series where you will learn all about the science of Virta, along with the how and whys of the Virta Treatment.

As you go through these videos, remember that your health coach team will help you understand how to personalize the treatment for you. We are *always* here for you and will continue to remind you of this! Let us know how we can help you!

Connect with other Virta patients through the private online community in the Virta app. This is a great place for learning, sharing, encouraging, and supporting one another.