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Virta Sustainable Weight Loss Program

Overview

Virta provides Sustainable Weight Loss, a nutrition therapy-focused approach without medications, as well as with GLP-1 pathways, which combine the use of GLP-1s for weight loss with nutrition therapy or lifestyle support.

How does Virta's drug-free weight loss work?

Virta's Sustainable Weight Loss program focuses on nutrition therapy combined with personalized expert medical care and behavioral coaching. Nutrition recommendations are tailored to each member's health and lifestyle preferences focusing on eating more real foods like vegetables, moderate levels of proteins, healthy fats, and less sugar/carbs. This approach helps curb cravings and hunger and avoids calorie counting.

How does Virta's Sustainable Weight Loss with GLP-1 Pathways work?

GLP-1 pathways refers to guiding members seeking GLP-1s to Virta, educating them on their different care options (including drug-free care), and prescribing new GLP-1 medications when medically appropriate in combination with nutrition therapy or lifestyle support. Members engage in nutrition therapy or lifestyle support alongside the GLP-1, giving many an off-ramp to sustained weight loss.

Eligibility

The Virta Sustainable Weight Loss Program is available to State of Ohio employees, spouses, and dependents who are 18 and older and enrolled in the state's medical plan with a BMI of 25 or greater. If you are a State of Ohio employee, spouse or dependent 18 and older who meets the Food and Drug Administration (FDA) guidelines listed below, you may have access to a GLP-1 medication through the Virta Sustainable Weight Loss program, with a participant direct-pay option outside the health insurance fund at a reduced amount. Some employees may have additional requirements beyond this guidance:

- BMI greater than or equal to 30 BMI
- BMI greater than or equal to 27 BMI and a weight related comorbid condition

Per FDA guidelines, members already on a GLP-1 do not need to meet the above criteria to receive a refill prescription.



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If you are a State of Ohio employee or State of Ohio employee who is a covered spouse in the state's medical plan you may qualify for partial reimbursement for the cost of the GLP-1 coverage. There are some medical conditions that would exclude members from the Virta program.

Sign-up Process

- Submit application to Virta online and follow enrollment steps, which include providing clinical health history, recent labs (if not available, completing at no cost at LabCorp/Quest) and a clinical consult.
- Care team confirms member meets criteria for GLP-1 prescribing (if applicable).
- Member informs Virta team they want prescription sent "direct to manufacturer" to applicable manufacturer.
- Virta care team gives member the prescription number
- Member confirms eligibility for subsidy.
- Member goes to applicable manufacturer and creates an account to access prescription
- Member pays for prescription
- Member submits reimbursement application with receipt to State for reimbursement
- Prescription arrives in the mail within 3 days
- If members stay engaged with Virta, they are able to continue to access subsidy amount each month for prescription

The process to enroll in Virta and receive a prescription may take 2-3 weeks. It may take up to 4-6 weeks to receive reimbursement from the State from the time you receive your prescription from Virta.

GLP-1 Subsidy Reimbursement

Eligible members (State Employees/State Employees who are covered as a spouse)

- Fill out their reimbursement form, found on the DAS webpage.
- Attach form and receipt to their email to Reimbursement@das.ohio.gov within 30 days of payment of the prescription.
- Information and receipt reviewed against Virta weekly file to confirm the member is in compliance with all program requirements.
- If/when confirmed, a file will be sent to payroll to add the reimbursement to the member's paycheck.



- If denied, notified by email of reason – receipt older than 30 days, not eligible for subsidy, insufficient information on form, all 2,500 slots have been taken, etc.
- Reimbursement should be expected 4-6 weeks from date of submission of receipt.
- Subsidy reimbursements are limited to the first 2,500 eligible submissions monthly.

Implementation Timeline

