

Humana taps Virta Health to help its employer members reverse diabetes—and we expect more payers will follow in those footsteps

Article

The news: Humana is teaming up with digital therapeutics (DTx) maker **Virta Health** to bring its digital diabetes treatment to Humana's self-funded employer group members.

- This is part of Humana's overarching goal of improving health outcomes through digital health solutions.

How Virta Health works: Virta Health's digital therapy for diabetes claims to reverse type 2 diabetes without medications or surgery—a major cost-saving benefit for payers whose members use the DTx tool.

Virta Health personalizes its digital program for members with diabetes to manage their carbohydrate intake and nutrition.

- The program is paired with a virtual clinic, personal health coaching, on-demand educational resources, and online community, as well as continuous remote monitoring of a patient's diabetes metrics (blood glucose, ketones, weight).

Virta's digital diabetes treatment is clinically validated:

- **94% of patients** who were taking insulin were able to decrease or completely eliminate their dosage within a year of being in the program.
- **63% of patients** were able to eliminate prescriptions after one year.

And its treatment has demonstrated cost-savings:

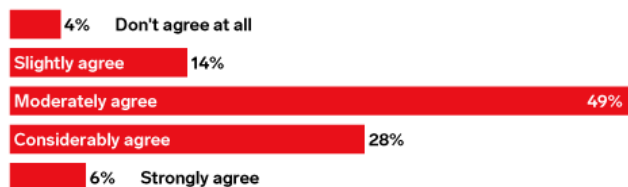
- A September analysis showed that Virta Health's program **saves payers \$425 per patient per month** (\$5,100 annual savings per patient).
- That's important considering diabetes patients have medical expenditures that are 2.3 times higher than those without diabetes, per the American Diabetes Association.

The bigger picture: Employers' medical costs are skyrocketing, and that's only compounded by rising drug prices. We expect more employers to seek out DTx partners to stave off these costs.

- Employer medical costs are trending upward and are projected to **increase 6.5% in 2022**, [per PwC's 2022 Medical Cost Trend report](#).

US Employers Who Agree Employer Costs for Healthcare Benefits Are Excessive, Jan 2021

% of respondents



Note: numbers may not add up to 100% due to rounding
Source: Purchaser Business Group on Health (PBGH) and Kaiser Family Foundation (KFF), "How Corporate Executives View Rising Health Care Costs and the Role of Government" conducted by Beresford Research, April 29, 2021

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