

# Does Telehealth Really Work?



## Success with Telehealth and Diabetes

Virta Health conducted an online, doctor-supervised program, with 218 **type 2 diabetic patients** as they followed a Ketogenic Diet for 1 year.<sup>1</sup>



**60%**

Reversed  
their diabetes



**94%**

Reduced or eliminated  
insulin therapy



**30 lbs**

Average  
weight loss



**24%**

Decreased average  
triglycerides

## App-Based Health Study on Weight Loss

763 participants followed a 4-month program and achieved the following results:



**30%**

Achieved “clinically significant”  
weight loss (approx. 10%)



**ALL** participants  
lost an average of **3.23%** of their total  
bodyweight