2026 REVERSAL REPORT

Metabolic Care in the *GLP-1 Era*

New evidence for better health that lasts









virta

For decades, obesity treatment focused on one question:

how do we

help people

lose weight?



From boardrooms to curated feeds across the country, GLP-1s quickly dominated national conversation.



Their remarkable weight loss

Average GLP-1 weight loss ranges from 8–15%



Side effects

~1 in 5 experience nausea; other side effects include diarrhea, vomiting, and constipation



Sky-high costs

Employers' drug costs increased up to 200%; out of pocket prices range from $10,000 to $16,800 annually.



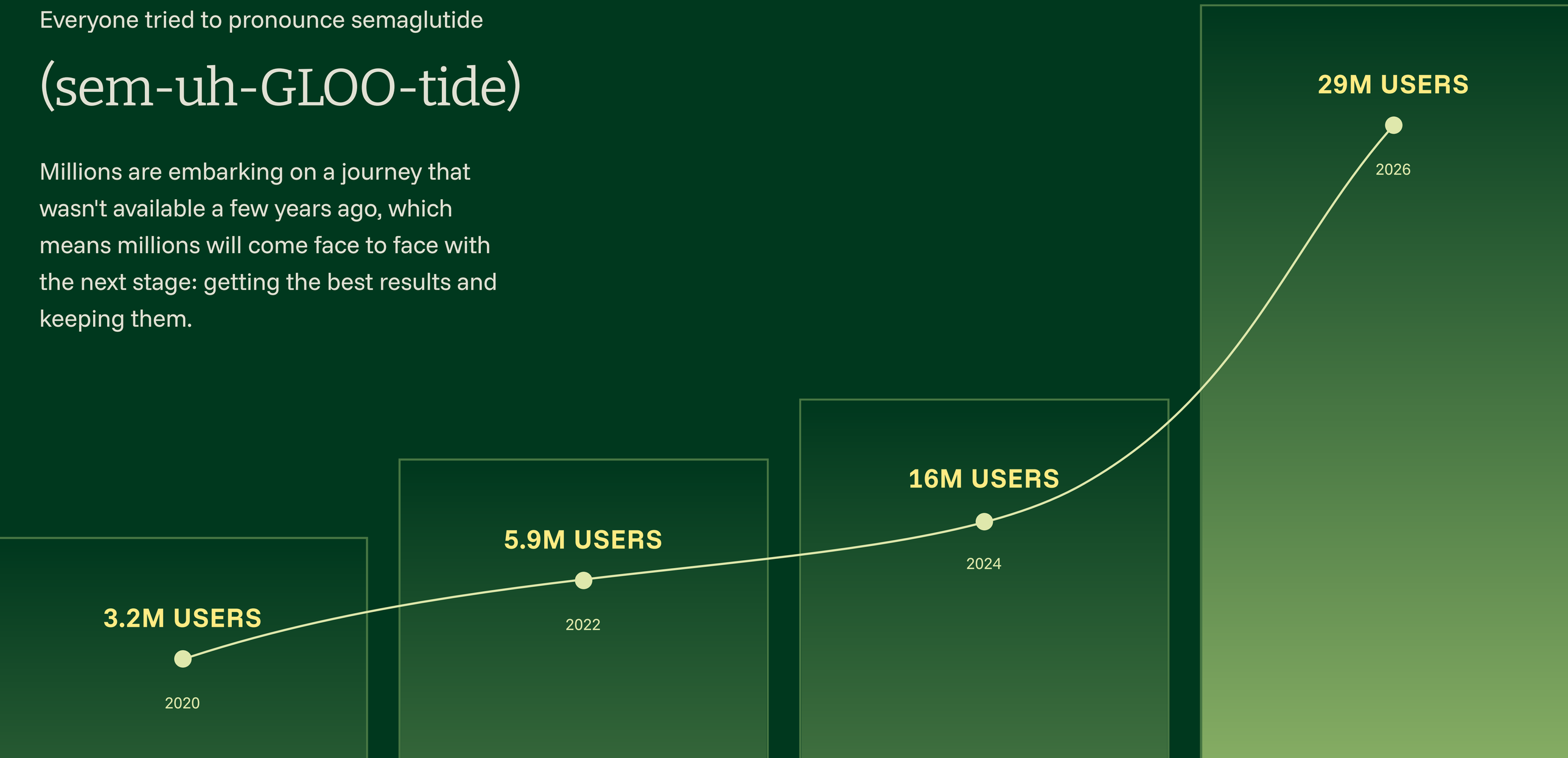
Anticipated business impact

GLP-1s could save airlines $580M a year; $13 billion boost for apparel.

Everyone tried to pronounce semaglutide

(sem-uh-GLOO-tide)

Millions are embarking on a journey that wasn't available a few years ago, which means millions will come face to face with the next stage: getting the best results and keeping them.

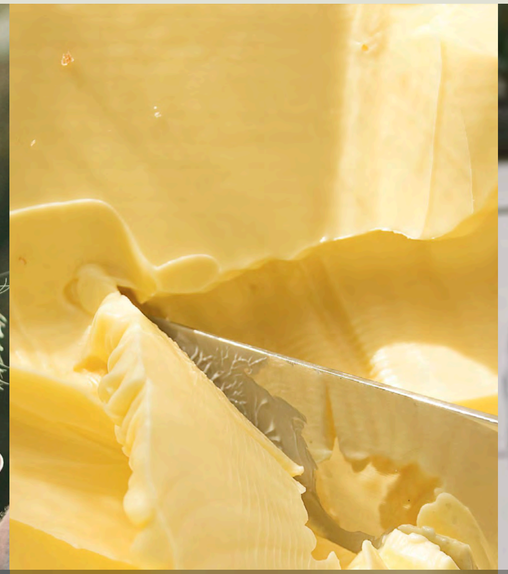


For most people, long-term success hinges on the care and habits that surround the prescription.

Drawing on Virta's real-world data and a decade of research, this year's Reversal Report explores what full metabolic care can look like in the GLP-1 era.



Care Should Work How the Body Does



The Multiplier Effect



Better Metabolic Health Doesn't Stop at Weight



The New Standard of Care



The Future is Reversible

Care Should Work How the Body Does

GLP-1s changed more than weight loss. They put metabolic health in the spotlight, as millions experience how their bodies change when metabolism improves.

Let’s take a step back.

What is metabolism, and why does improving it affect, well, everything?

Your metabolism is your body's operating system, breaking down food into energy, building blocks for growth, or storing it for later use.

Everything is connected.

When the system runs well, everything else tends to work better.



When it doesn't, ***problems spread,*** because our bodies don't separate health into neat categories.

INFLAMMATION

Chronic, low-grade inflammation can rise:

fatigue or feeling run-down

BLOOD SUGAR

Insulin resistance can give way to rising blood sugar and type 2 diabetes:

energy crashes, thirst, blurry vision

KIDNEYS

Strain on body's filtration system can lead to progressive kidney disease:

swelling or fatigue

HEART

Growing strain can raise the risk of heart attack or heart failure:

shortness of breath, reduced stamina

LIVER

Fat can build up and, for some, progress to serious liver disease or cirrhosis:

fatigue, abdominal discomfort

WEIGHT

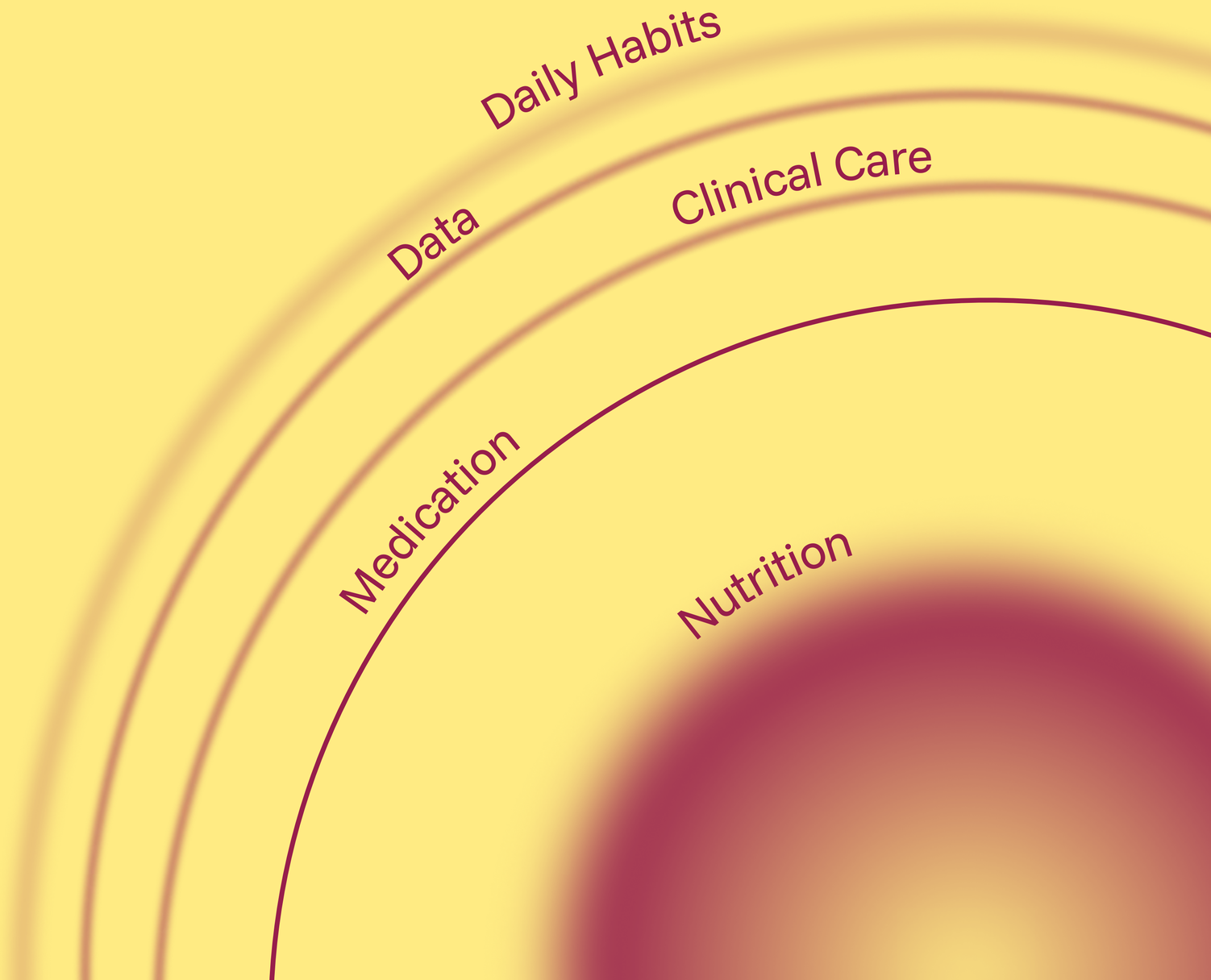
More energy stored as fat:

weight gain, expanding waistline, harder-to-lose weight

But you don’t always *feel* metabolic dysfunction.

Some changes, like weight gain, fatigue, or brain fog, are noticeable. But many aren't. Metabolic dysfunction can reach far deeper, raising the risk of disease across the body.

GLP-1s have brought these connections into focus, pointing toward the need for metabolic care built around how the body works. Medication, nutrition, clinical care, and daily habits work together, creating positive ripples across health.



The Multiplier Effect

The Multiplier Effect
The Multiplier Effect

GLP-1s change **how much** you eat. But what happens when you also change **what you eat?**

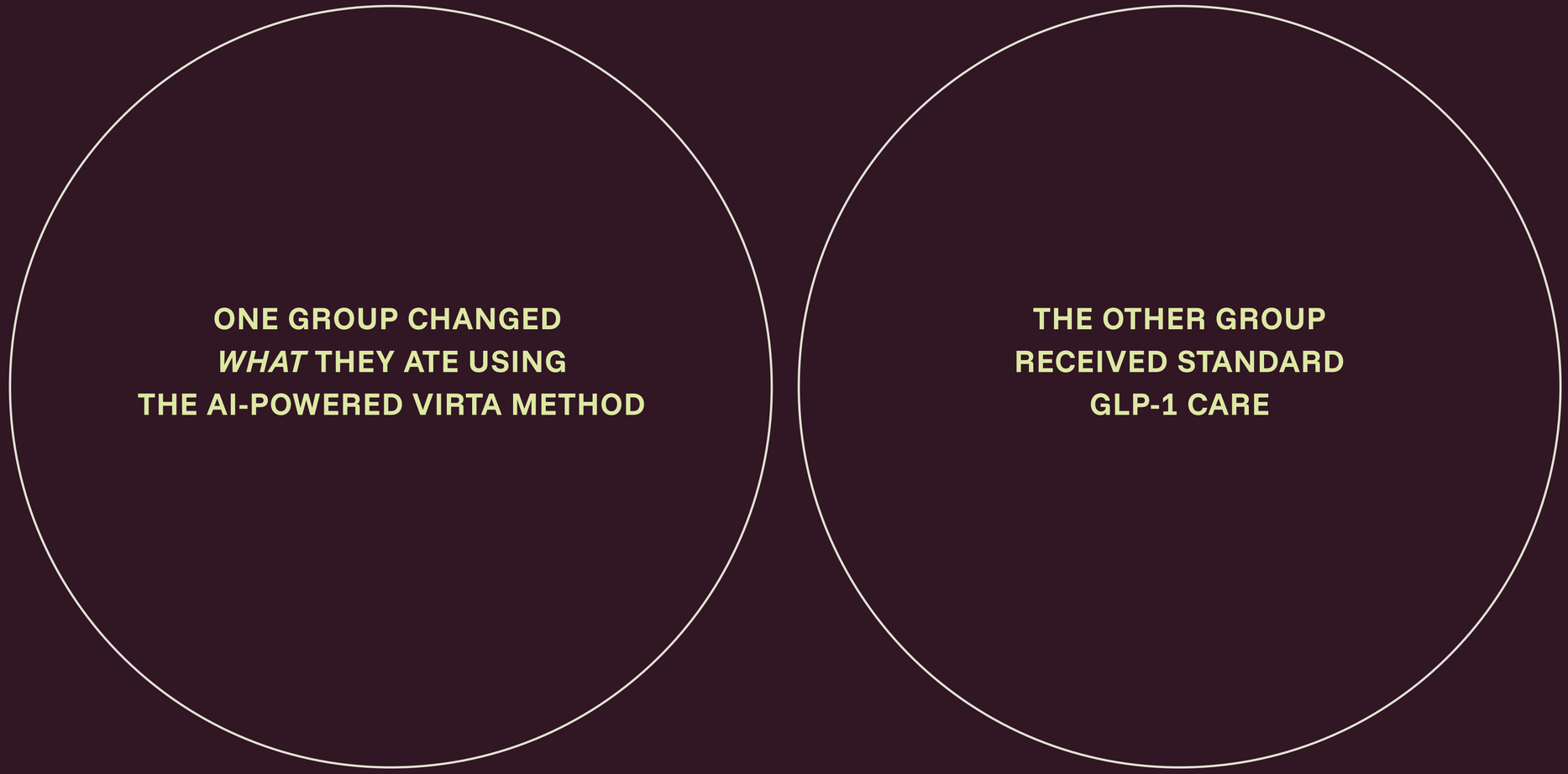




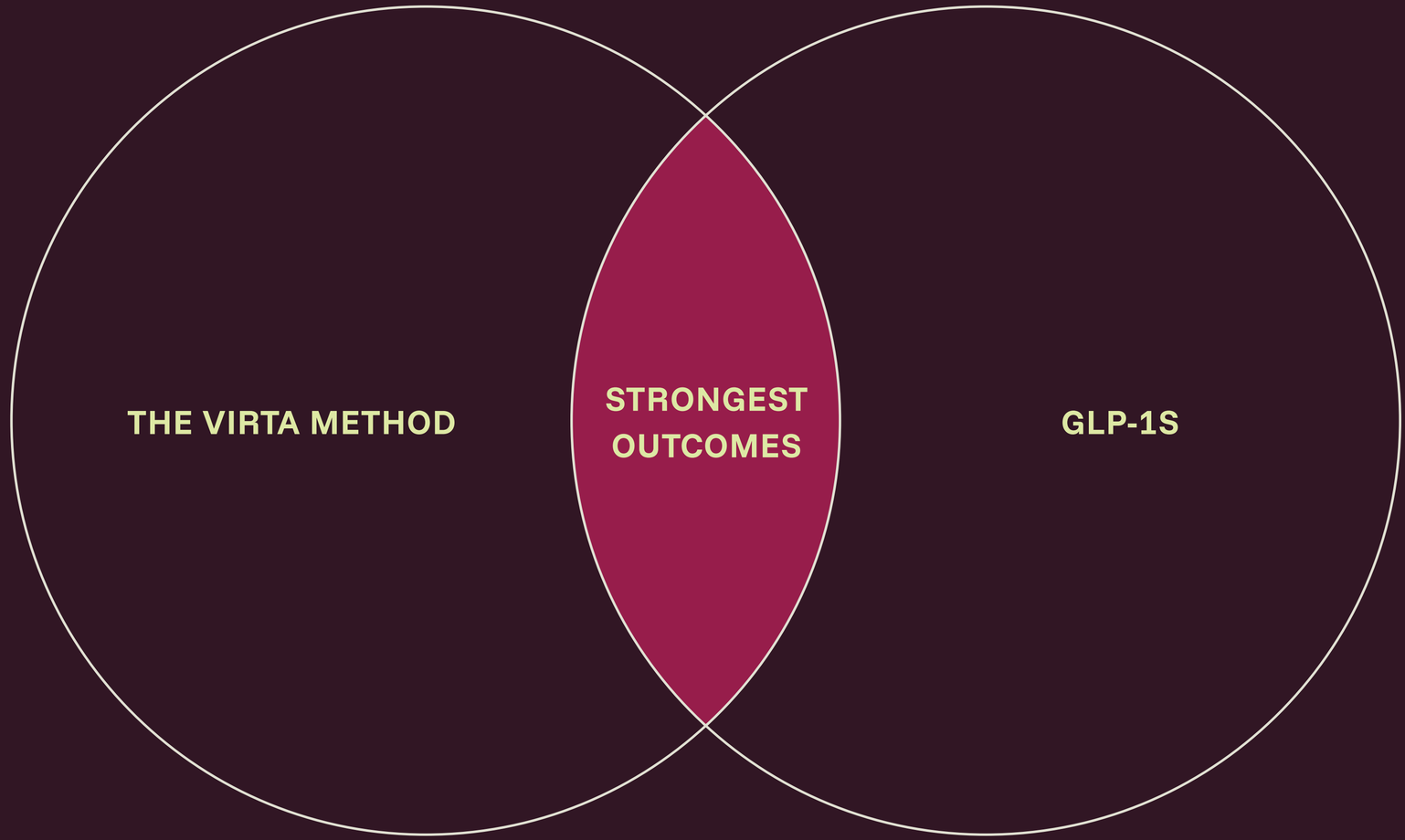




Virta analyzed results from members on GLP-1s for weight loss. All received identical clinical care by Virta's in-house providers with ***one key difference***:



After one year, a clear pattern emerged: pairing GLP-1s with the Virta Method delivered the ***greatest weight loss***.

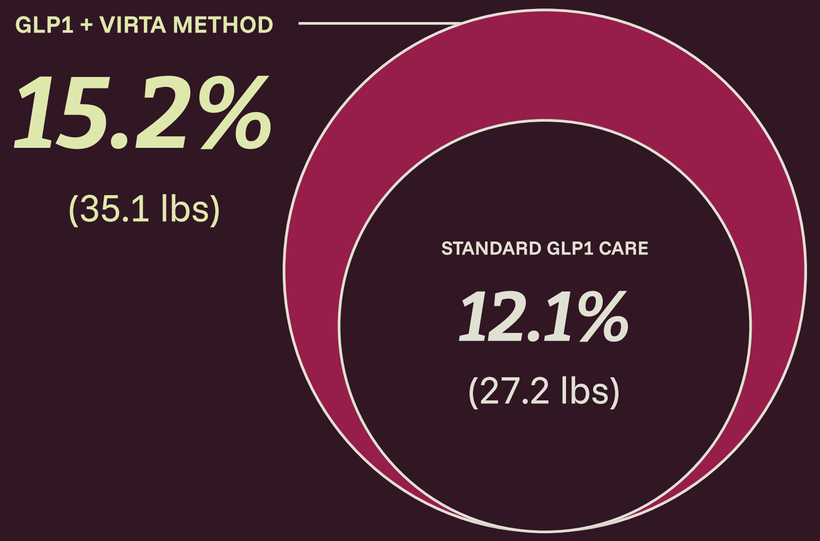


Starting Strong Changes the Trajectory

The biggest difference emerged among members new to GLP-1s. Pairing medication with the Virta Method from the start led to greater weight loss after one year.

NEW GLP-1 USERS

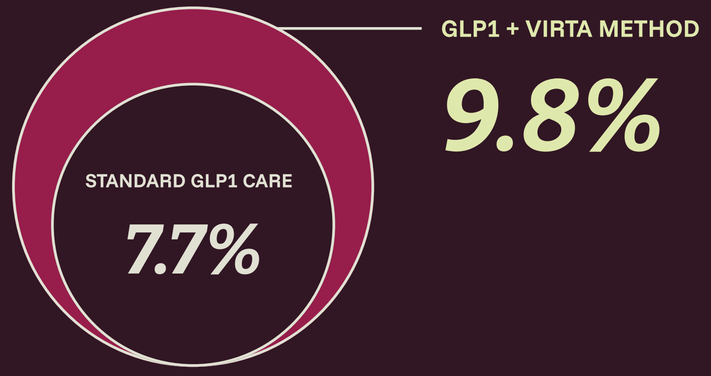
average weight lost at one year



The strongest opportunity to improve outcomes may be at the very beginning of treatment.

EXISTING GLP-1 USERS

average weight lost at one year



For members already on a GLP-1, adding the Virta Method helped reignite progress.

Whether members were new to GLP-1s or already using them, those following the Virta Method lost more weight. Across both groups, that added up to:

37%
GREATER ADJUSTED WEIGHT LOST

OR

~8
ADDITIONAL POUNDS LOST

More people hit meaningful milestones

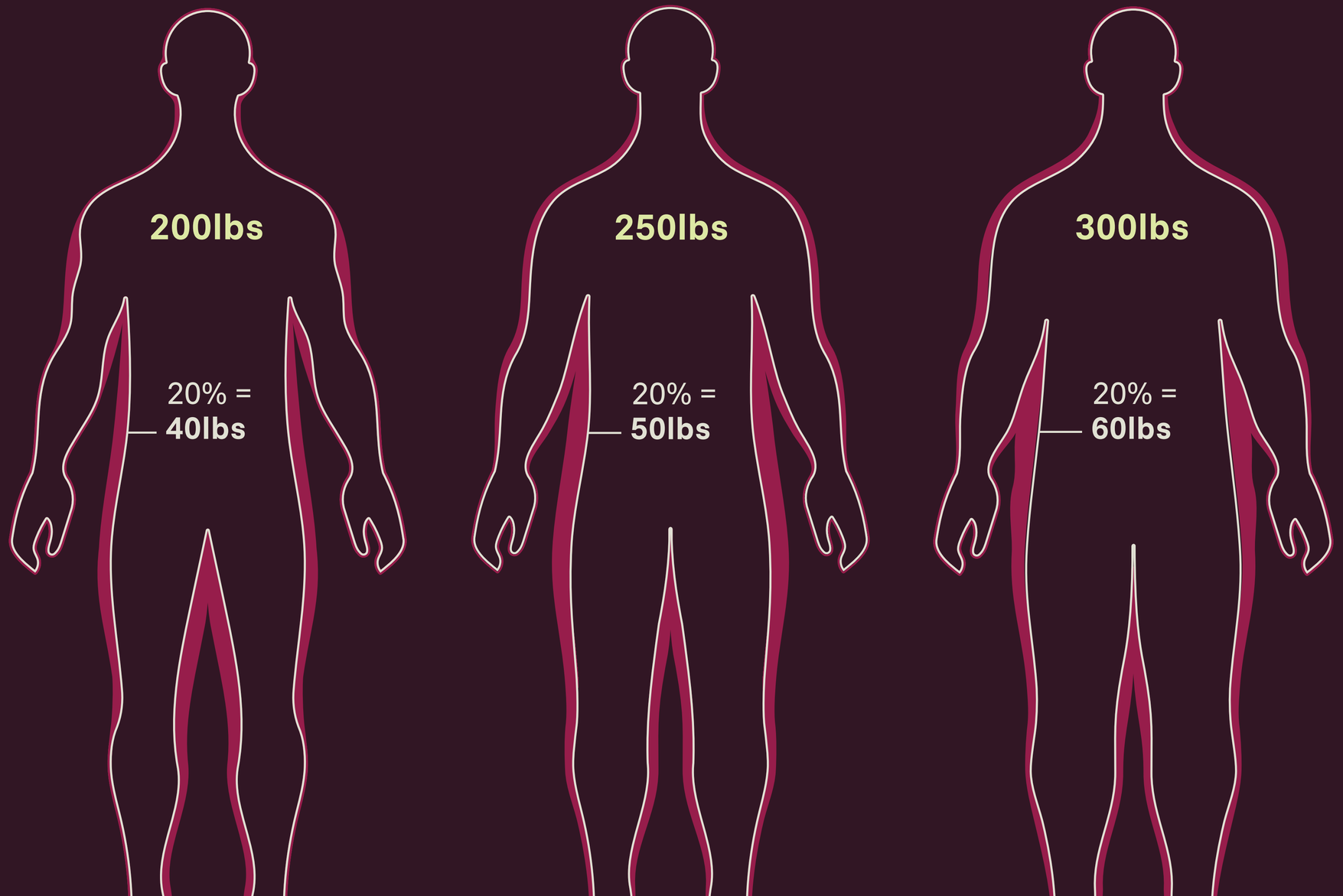
Weight loss wasn't just greater on average, more people achieved clinically meaningful results.

58%

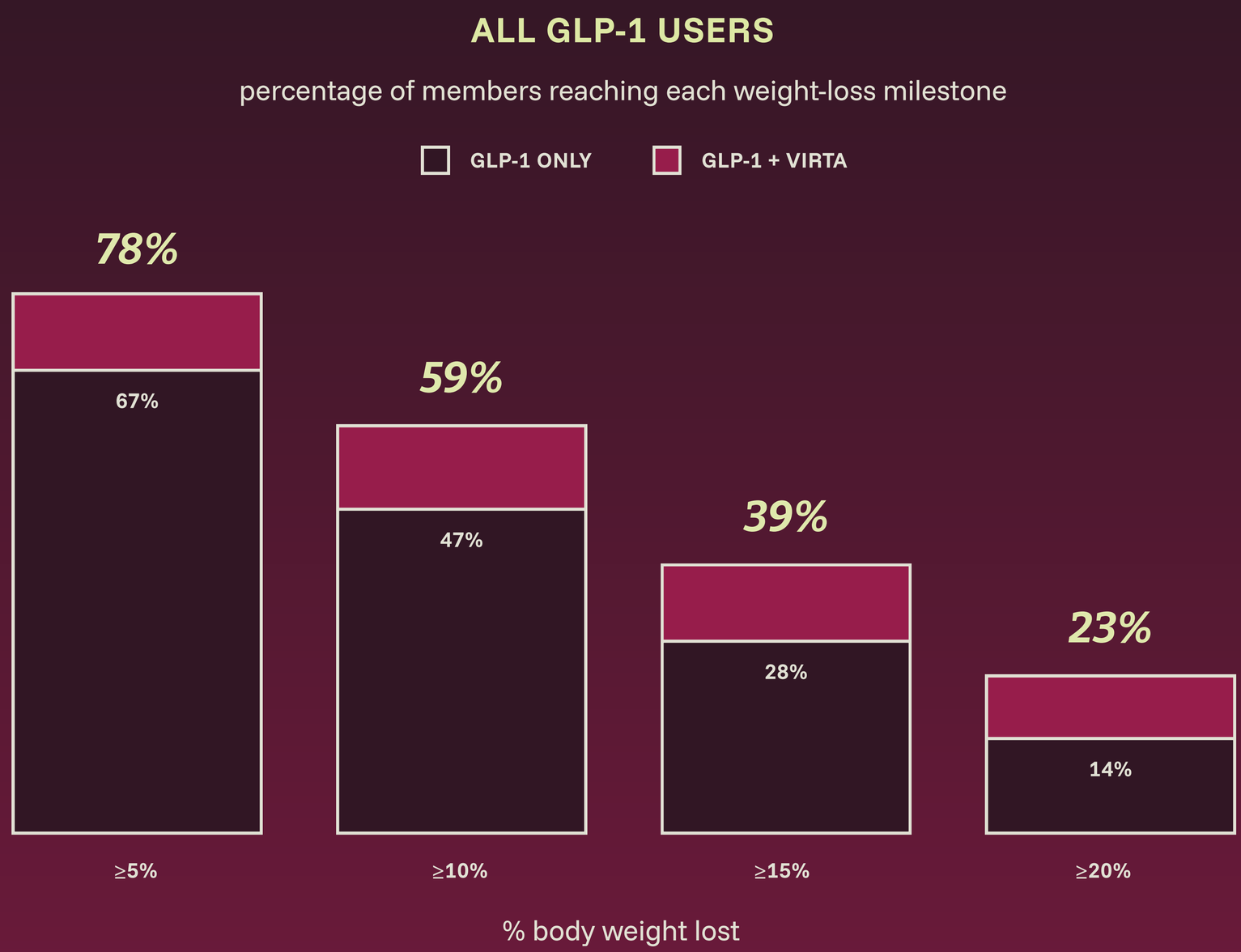
more likely to lose at least 20% of body weight

What does 20% of body weight look like?

20% = 1/5 of your starting body weight. The amount looks different for everyone, but the impact can be life changing.



In fact, those following the Virta Method were more likely to reach every weight loss milestone measured.



A closer look at the medication

Among members new to GLP-1s who stayed on the same medication for one year, **Tirzepatide + the Virta Method delivered the biggest result:**

19.7%

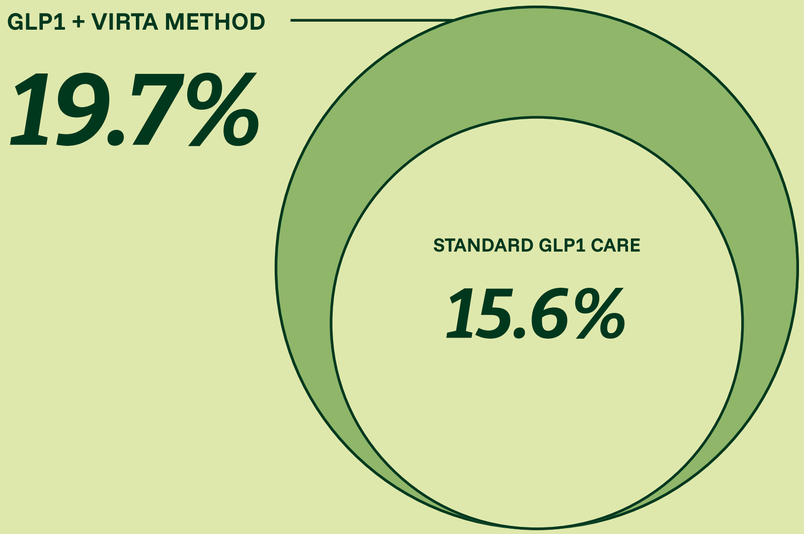
AVERAGE WEIGHT LOSS

(or ~46 pounds of adjusted weight loss)

Across both tirzepatide and semaglutide, following ***the Virta Method*** was associated with greater weight loss.

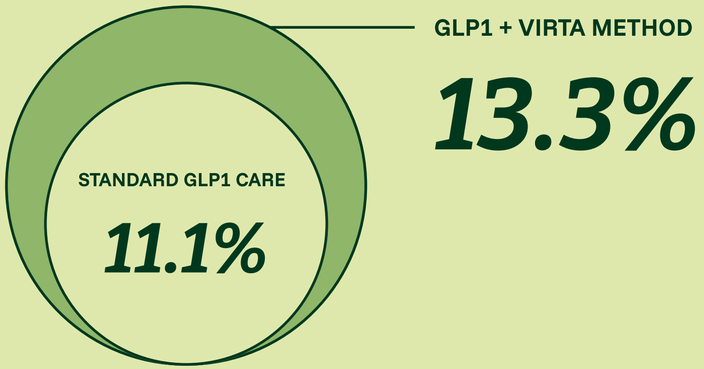
TIRZEPATIDE

average weight lost at one year



SEMAGLUTIDE

average weight lost at one year



Virta members stayed on GLP-1s at more than twice the rate reported in a separate study

GLP-1 ADHERENCE AT ONE YEAR

80%
VIRTA

VS

32%
INDUSTRY AVERAGE

Next, we look beyond weight loss to examine the impact across metabolic health, from blood sugar and inflammation to liver, kidney, and heart health.

Better Metabolic Health Doesn’t Stop at Weight

Weight loss is usually the first visible sign that your metabolism is changing. Because our body's systems are connected, fixing your metabolism tends to trigger a chain reaction.

With Virta's AI-powered nutrition approach, members saw improvements across multiple conditions, *without* reliance on GLP-1s.*

**Findings remained statistically significant after accounting for GLP-1 use among some participants*

These outcomes show that better metabolic health is about more than any one biomarker, organ, or diagnosis. The care behind it should be just as ambitious, comprehensive, and evidence-based.

90%

INFLAMMATORY MARKERS IMPROVED (19 OF 21)

Chronic inflammation runs through metabolic disease. Virta's care drove broad improvements. No currently FDA-approved medication targets such a broad spectrum of inflammatory markers.

Up to 62%

LOWER INCIDENCE OF ADVANCED KIDNEY DISEASE

Kidney damage can build unnoticed for years. Virta members had lower rates of kidney disease at every stage measured.

45–75%

LOWER RATES OF SERIOUS LIVER DISEASE AND COMPLICATIONS

Better metabolic health can reach the liver, where excess fat and inflammation can lead to serious disease.

34%

LONGER SURVIVAL

Metabolic health may even matter during cancer treatment. In a clinical trial, adding the Virta Method to chemotherapy extended survival for people with stage IV pancreatic cancer.

56%

LOWER RISK OF HEART ATTACK, STROKE, OR DEATH

Positive effects can reach the heart, improving the factors that shape cardiovascular risk.

31%

LESS FOOD NOISE

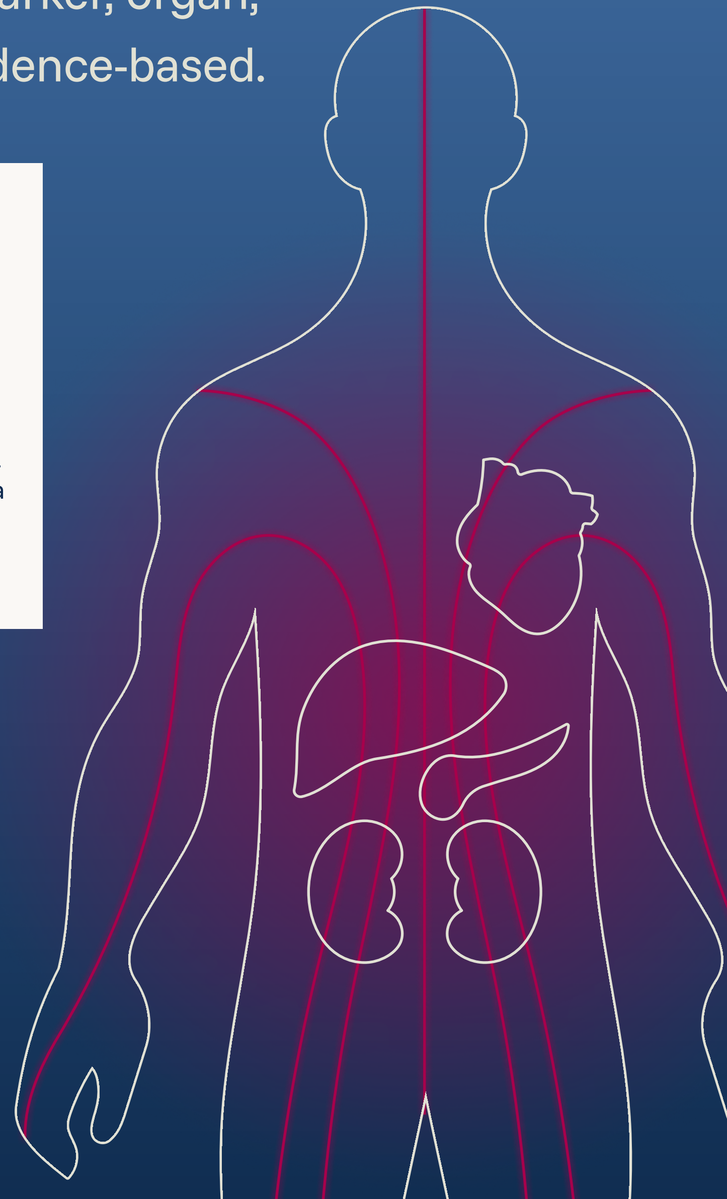
Better metabolic health can change the experience of eating, with improvements in hunger and cravings. Depressive and anxiety symptoms also fell 42% and 22%, respectively.

3+ pt

DROP IN A1C*

For members starting with very high blood sugar, improvements can be dramatic.

**among high-risk members starting at A1c ≥ 9%*



The New Standard of Care

Better care has to work for real people living in the real world.

That means our system needs to deliver sustainable results with GLP-1s, without them, and beyond.

Nutrition has always been the foundation; pairing it with comprehensive care is what makes lasting progress possible.

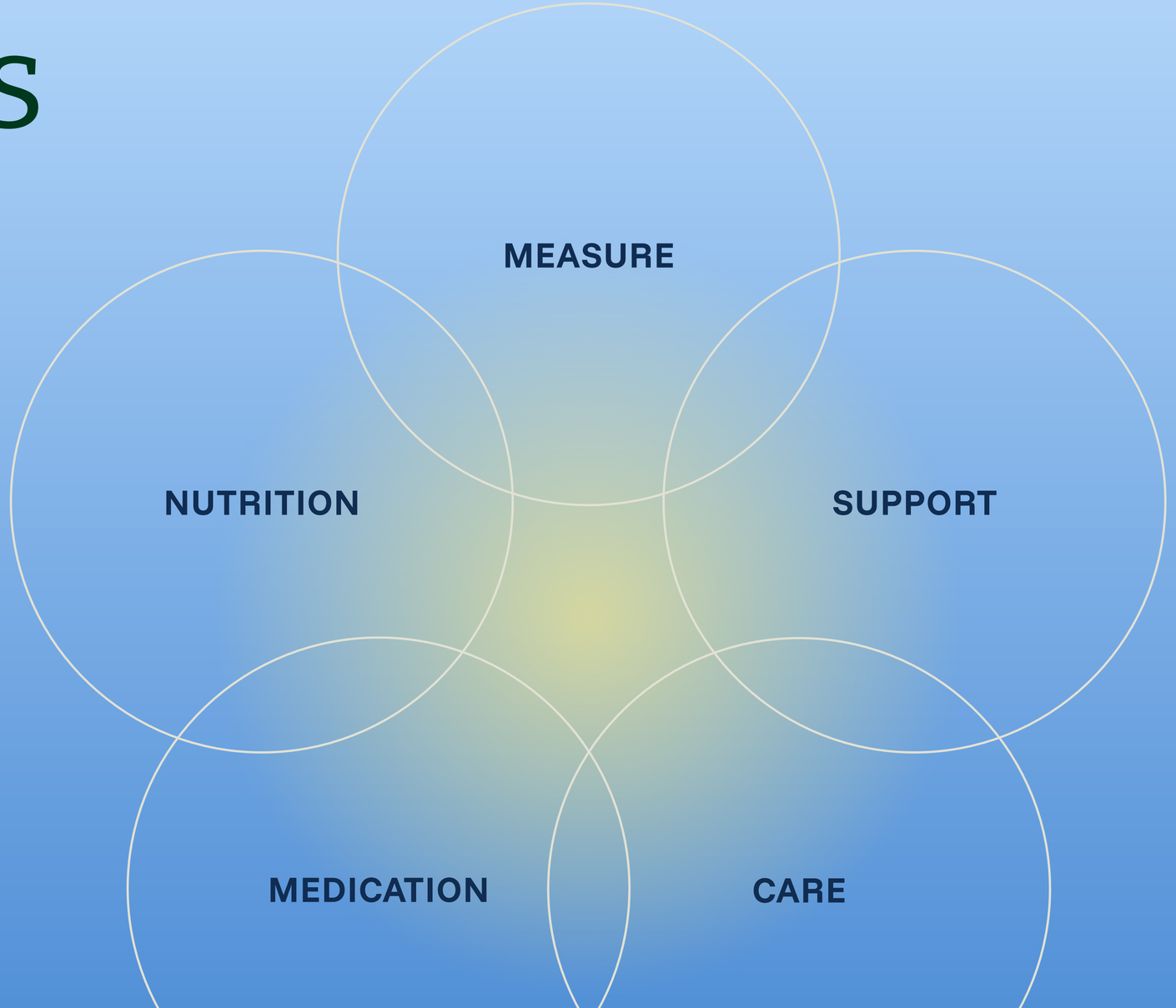
The Five Principles For Better Metabolic Care







The body works as a system. Better care should too.



ONE

Nutrition for your biology

Nutrition should evolve as the body changes, adapting to goals, preferences, biomarkers, medication, and progress. Every bite counts with foods that support muscle, energy, and metabolic health.

TWO

Right meds, right dose, right time

Treatment should respond to your health, goals, side effects, and progress. That may mean changing the dose, switching medications, or safely reducing medication with clinical guidance.

THREE

Care that connects to progress

Health can change quickly, and care should too. Continuous clinical support keeps pace with progress and changing medication needs.

FOUR

Support that works in the real world

There’s an ocean between knowing what to do and doing it. Coaching and advanced tools help form habits that survive busy weeks, restaurants, travel, stress, family dinners, and bad days.

FIVE

Measure the health that matters

Weight matters, but blood sugar, A1c, ketones, medication use, and other biomarkers reveal changes the scale can't. They also give people and their care teams feedback they can act on.

The Future is ***Reversible***

Healthcare has long focused on ***managing*** disease after it appears.

New tools have prompted a shift in care, giving us more ways to ***prevent*** disease altogether: better medications, proven nutrition, care in your pocket, and data inside the body, creating an opportunity to finally stop problems before they start.

And for those already living with metabolic disease, we can ***reverse*** it.

Virta's outcomes, at scale, have proven that time and time again.

As more people gain the power to ***prevent or reverse*** diseases previously considered chronic or progressive, the ripple effects can reach families, communities, and the healthcare system itself.



Reversal has never been about a single diagnosis, ***but changing the direction of health.***

GLP-1s have dramatically expanded what's possible.



"Today, I'm 115 pounds lighter, with only 10 to go. But the real victory isn't the weight I've lost — it's the life I've gained back."





"Foot pain reduced, mobility increased, energy level AMAZING, and my attitude is HAPPIER THAN EVER!"

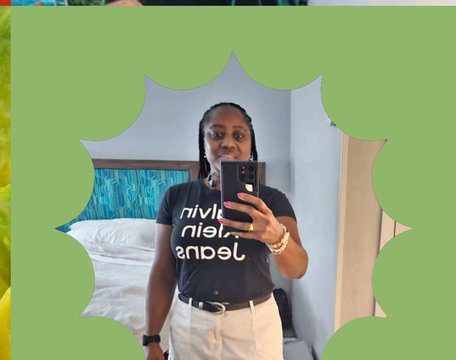








"I have reached the weight I wanted to get to which before I started I didn't think it would be possible. The Virta program helped me with that thanks to my doctor and my coach."



First generation obesity care helped people ***lose weight***.





Next generation metabolic care will help people ***regain health***.

The future of
metabolic care is here.

Let's bring it within
reach of more people.

virta

Data & Methodology

This report draws on Virta's real-world outcomes, peer-reviewed research, forthcoming studies, and published third-party sources. Virta findings use aggregated, de-identified data. Results come from separate analyses with varying populations, methods, and follow-up periods; they do not represent outcomes achieved together by a single cohort. See the 2026 Research and Analysis Guide for details and references.

