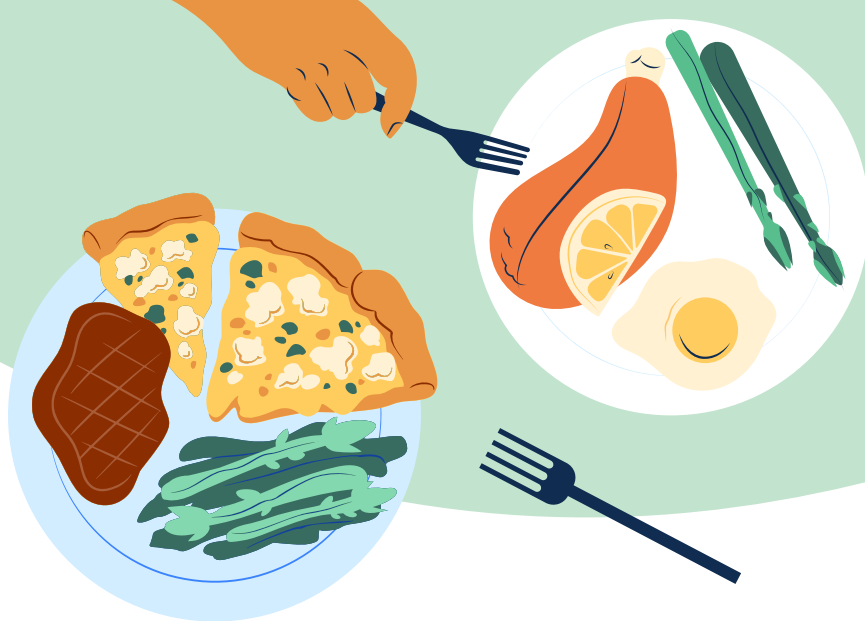




Diabetes • Prediabetes • Weight

Better health can taste great



Reimagine what's possible

Virta Health is a nutrition therapy clinic that helps members lower blood sugar, lose weight, and rely less on pricey drugs. Members eat their way to better health thanks to a plan made just for them and support from medical providers, coaches, and digital health tools.

Within 10 weeks, members lowered A1C by 1 point and lost 18 lbs¹. 87% stopped or reduced insulin, altogether.

"It's been so easy to make my meals and life Virta-friendly. It's been 3 months and so far, I've lost 50 pounds... Beyond that, it's become easier for me to be on my feet all day at work, which is a great improvement."

— Member Mauricio, 09/2022

Put a healthy spin on your to-go meals

- Almond flour pancakes and eggs
- Tacos with cheese shells
- French fried green beans
- Sausage jambalaya and cauliflower rice

Behind Virta's virtual care plans

- Provider care and personal coaching
- Daily support via app and health tools
- Meal tips, shopping lists, and recipe guides

Check eligibility:

www.virtahealth.com/join/full



¹ McKenzie AL et al. JMIR Diabetes 2017

* Virta (valued at over \$3,000) is covered for eligible members and dependents with type 2 diabetes or prediabetes. Virta is also covered for those with a BMI of 25 or greater who are interested in safe and sustainable weight loss.

