



Yes. You *can* lose weight and reverse type 2 diabetes and prediabetes.



In only one year, Virta patients see an average of¹:

63% medication reduction

1.3pt HbA1c reduction

12% weight loss

No matter the season or time of year, if you are part of an eligible plan,^{*} you can enroll in Virta. Virta is a research-backed treatment that can help you reverse your type 2 diabetes and prediabetes and lose weight. Take back control of your health.

The Virta difference

Unlike other diabetes (or weight loss) treatments/management programs, Virta goes beyond just treating the symptoms of the disease. On Virta, you learn how to change how you eat so that your body burns fat for energy, instead of sugar/carbohydrates. This can help you naturally lower your blood sugar and reduce the need for diabetes medication. It also can help you lose weight and live a healthier life.

Your company is fully covering the cost of Virta for all benefits-enrolled employees and dependents with type 2 diabetes, prediabetes, and those with a BMI of 30 or above¹.

^{*}Virta is available to employees, spouses and adult dependents between the ages of 18 and 79 who are enrolled in the company health plan. Some exclusions may apply. Scan the code below to verify eligibility.

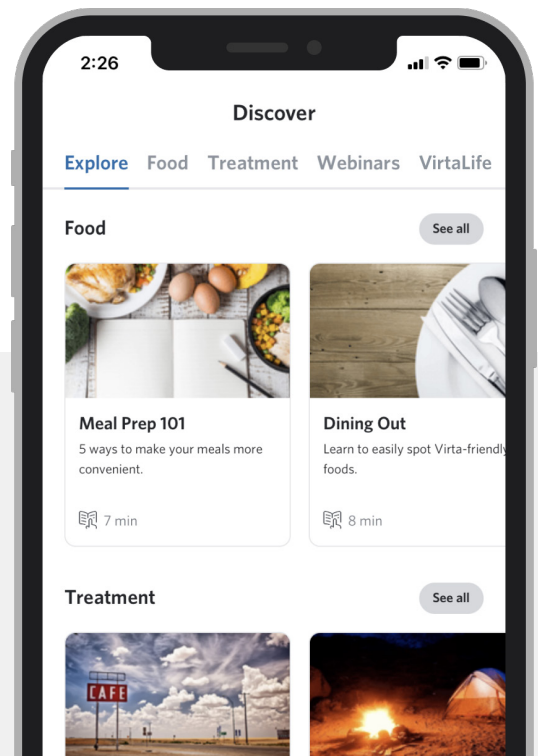
¹Note that those on high-deductible health plans (HDHPs) may need to pay a small fee to participate in Virta.



info.virtahealth.com/join

Text "ENROLL" to 57005 to receive periodic alerts about better health through Virta.

Msg&data may apply. Text HELP for help, STOP to quit. Privacy Policy: www.virtahealth.com/privacypolicy



¹ Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018.