



You know why. We know how.



When it comes to weight gain and high blood sugar, the problem goes beyond sweets and calories. Carbohydrate (carb) sensitivity is a growing issue that keeps millions heavy, tired, achy, and medicated.

Virta is a virtual clinic for nutrition-based care

Virta Health uses food as medicine to help members naturally lose weight, lower A1C, and reduce medication needs. With provider support, coaching, and technology, members can bring the body back into balance. No calorie counting, gym visits, or injections needed.

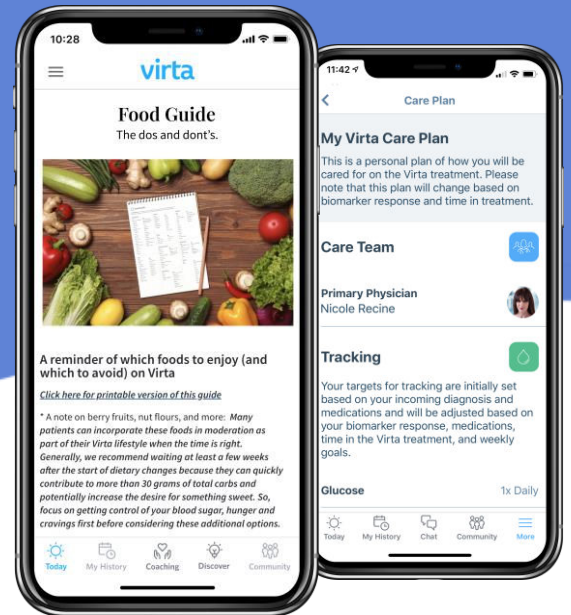
Care is \$0 for those with a qualifying condition.*

"I used to love having friends over for dinner, but stopped due to my poor health. Virta has reignited my passion for food - and for my own health. I'm getting the itch to have friends over again and wow them with a Virta-friendly dinner."

Patrick, 08/2019

Lost 35lbs in 10 weeks, lowered A1C from 10.3% to 5.2%

Check eligibility:
virtahealth.com/join/eutf



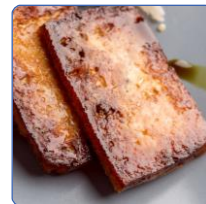
Members eat well based on health needs and tastes



Breakfast Sausage and Eggs



Hot Wings with Buttermilk Sauce



Spicy Tofu and Vegetables



* HMSA's EUTF plan is covering Virta for you and your eligible family members with type 2 diabetes at no cost.

