virta

Take control of your weight, blood sugar, and health with Virta

Lose weight, lower blood sugar, and reverse type 2 diabetes with a program designed for real life.

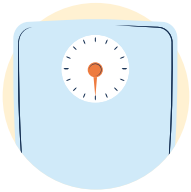
Virta is a personalized, doctor-backed nutrition program available at no cost* to you. Whether your goal is weight loss, improving metabolic health, or reversing type 2 diabetes, Virta provides expert support tailored to your needs—without calorie counting, intense workouts, or relying on medications.

No guesswork. No one-size-fits-all plans. Just real food, real support, and real results.

Scan to claim your fully covered Virta benefit

Visit go.virta.com/signup for more information

Get everything you need to succeed:



Complimentary Starter Kit with tools to track progress



A **dedicated care team** to guide you every step of the way



A **personalized nutrition plan** built for your body and lifestyle

* Virta is available to individuals over the ages of 18 and are enrolled in a covered health plan. There are some serious medical conditions that would exclude patients from Virta. Type 2 diabetes reversal on Virta is defined by reaching HbA1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained