

Your covered diabetes reversal* benefit



No fad diets or extra gym visits—just foods that are right for you.

Virta is your guided nutrition program—available at **\$0 cost to you**. Personalized to your lifestyle and health goals, Virta uses nutrition science to build custom plans that help you lose weight, lower your blood sugar, and transform your health.

Simply Choose the option that works best for you.

Diabetes Reversal—Our virtual clinic can help you lose weight, lower blood sugar, and reduce medications.

Prediabetes—Stop diabetes in its tracks. Our virtual clinic can help you lose weight and prevent rising blood sugar.

Diabetes Management—Get tips to manage your A1C levels. Access to a health coach and free testing supplies.

Virta is your fully-covered benefit for better health.

Get personalized nutrition support at no cost to you.

At \$0 cost to you, you'll receive:



Personalized health coaching



Connected weight scale, blood meter, and testing strips



Exclusive nutrition resources and recipes



Dedicated medical guidance



Visit virtahealth.com/join/toyodagosei or scan the QR code to claim your benefit today.



Toyota Gosei fully covers the cost of Virta for you and your eligible family members between the ages of 18-79 with type 2 diabetes, type 1 diabetes, or prediabetes who are enrolled in a Toyota Gosei health plan through UnitedHealthcare. Virta's diabetes reversal program is available to those with type 2 diabetes or prediabetes. Virta's diabetes management program is available to those with type 1 diabetes or type 2 diabetes who are not ready to make nutritional changes.

* Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.