



Real food, real results

Virta is a diabetes reversal and weight loss program **available at no additional cost[†] to eligible members.**

Get expert support and a custom nutrition plan for any budget and lifestyle. Enjoy real, everyday foods while lowering blood sugar and losing weight—for good.



Join Virta today at
go.virta.com/optumrx



**7 out of 10 Virta members say
it's easy to eat healthy with
Virta***

"I reduced my A1c from 8.5% to 5.2% and I lost 80 lbs within 6 months. The best part is that...**I've been able to maintain this for almost four years now**, which just goes to show this isn't just a diet, it's a lifestyle."

-Robert, Virta Member

[†]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. Start the application process now to find out if you qualify.
^{*}Source: Virta internal survey, member population data gathered 4/2024.