



Dear Participant,

I'm Jeff Stanley, Virta Health Medical Director. Fully covered by your health and welfare plan, Virta is your benefit for sustainable weight loss and diabetes reversal. We are honored to support Virta members everyday as they make small, but meaningful changes to their lives.

Using nutrition science, Virta helps members reduce insulin and other medications, while helping them lower their blood sugar and lose weight—without surgery or extreme workouts. Within 10 weeks, members lose an average of 17.6 pounds, and 87% of members also stop or reduce insulin.<sup>1</sup>

From care planning to medication guidance, Virta is dedicated to keeping members safe. As they adapt the way they eat, we monitor changes in their body—from weight synced in the Virta app to routine lab work. Then, we provide personalized guidance in real time to keep them safe and on the right path. We also update their primary care provider on progress if required.

We have seen thousands of members who were on medications for years come off those medications for good. We have also seen them reclaim their lives and do things they never thought possible.

If you are struggling with your weight or blood sugar, I hope you take advantage of your Virta benefit, which is available at \$0 cost to you, thanks to your health and welfare plan.

Claim your benefit at [www.virtahealth.com/join/full](http://www.virtahealth.com/join/full).

Best,

Dr. Jeff Stanley, MD  
Medical Director, Virta Health

**Claim your benefit**  
**[www.virtahealth.com/join/full](http://www.virtahealth.com/join/full)**



† Virta is available to eligible members and dependents over the age of 18. This benefit is currently being offered to those with type 2 diabetes, prediabetes, and those with a BMI of 25 or greater. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

<sup>1</sup> McKenzie AL et al. JMIR Diabetes 2017; 2(1):e5.