

# Food On Virta Email

**Sender:** Toyoda Gosei

**Subject Line:** Butter, bacon and avocado are the secret to losing weight and reducing blood sugar.

**Preview Text:** Reversing diabetes doesn't have to taste bad!

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## The secret to losing weight and reducing blood sugar? Butter, bacon and avocado.

On Virta, you can enjoy many delicious, guilt-free options like these.

Breakfast



Lunch



Dinner



Dessert



Learn More: [www.virtahealth.com/join/toyodagosei](http://www.virtahealth.com/join/toyodagosei)

## How does Virta work?

Burning fat for energy is the secret to naturally reducing your blood sugar and body fat. Virta teaches you how to measure your personal carb tolerance level so that you can get into ketosis. When you are in ketosis, you burn fat for energy, instead of sugar.

No specific foods are required, so Virta can work for anyone. Your Virta health coach will help you figure out what foods work best for you. It doesn't matter if you are vegetarian, vegan, dairy-free, or something else—we can help!

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## **Get coverage for Virta.**

Toyoda Gosei fully covers the cost of Virta (valued at over \$3,000) for you and your eligible family members with type 2 diabetes or prediabetes.

You can sign up for Virta and learn more here: [www.virtahealth.com/join/toyodagosei](http://www.virtahealth.com/join/toyodagosei)

Questions? Email [support@virtahealth.com](mailto:support@virtahealth.com)

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Virta is available to Toyoda Gosei employees and eligible dependents between the ages of 18 and 79 who are enrolled in an eligible health plan through UnitedHealthcare. This benefit is currently being offered to those with type 2 diabetes or prediabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

*Your health information is protected and is 100% confidential. Virta will never share your health information with your employer or third parties other than your medical provider.*