



Diabetes • Prediabetes

# Don't forget nutrition care



## Enroll anytime of year for \$0/month\*

This open enrollment, make sure to keep all your health needs in mind. If you or a loved one struggle with type 2 diabetes, high blood sugar, or weight gain, it may be time to explore nutrition therapy with Virta Health.

## A virtual nutrition clinic made for real life

Instead of a one-size-fits-all diet, Virta's providers and health coaches help members eat their way to better health with a personalized nutrition plan designed for your health needs, tastes, and lifestyle. Every day, members are reversing poor health and redefining what's possible.

**"Surprisingly, I'm able to eat more of the food that I enjoy now than I ever could before I started on Virta. My Virta doctor and health coach are my dream team."**

Kenneth, Virta member<sup>3</sup>

## 10-week member results<sup>1,2</sup>



**18lbs** average weight loss



**1.0** average A1C reduction



**94%** stopped/reduced insulin

## The Virta difference

**Nutrition, not calorie restriction**

*Eat until you feel full*

**Personalized, not one-size-fits-all**

*Your plan covers your needs & tastes*

**About the journey, not the judgment**

*Get caring providers and coaches*

Check eligibility:

[virtahealth.com/join/toyodagosei](https://virtahealth.com/join/toyodagosei)



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.

1 McKenzie AL et al. JMIR Diabetes 2017.

2 For members enrolled in type 2 diabetes reversal.

3 Kenneth's quote was provided to Virta Health on 09/2022.

\* 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.



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