

# 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.

## Join the thousands of people using Virta and transforming their lives



“The most surprising thing about Virta is how much I enjoy my new way of eating. I’ve lost 30 pounds and have been able to maintain it, and my life no longer revolves around my diabetes meds.”

**Ricardo, Virta member**

## Virta is your fully-covered benefit for better health.

Get personalized nutrition support at no cost to you.

[Claim my benefit](#)

## At \$0 cost to you, you’ll receive:



Personalized health coaching



Connected weight scale and blood meter



Exclusive nutrition resources and recipes



Dedicated medical guidance



Visit [www.virtahealth.com/join/iuoe399](http://www.virtahealth.com/join/iuoe399)  
or scan the QR code to claim your benefit today.



Virta is available to IUOE Local 399 Health & Welfare Plan participating members and eligible dependents who are 18 years or older. This benefit is currently being offered to those with type 2 diabetes, type 1 diabetes, or prediabetes. There are some medical conditions that would exclude members from the Virta program. Start the application process now to find out if you qualify.

\*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.