



# Type 2 diabetes isn't destiny

## Eat your way to better health

Don't let high blood sugar or weight issues turn into a lifelong sentence. Virta Health is an online clinic that can help members reverse course.

## The perks of prevention

A small change can make a big difference. With the support of clinicians and health coaches, you will build a personal nutrition plan that puts a healthier spin on your go-to meals. Members sleep better, reduce the need for certain meds, and have more energy too.<sup>1</sup>



**30lbs** avg 1-year member weight loss<sup>1</sup>

**97%** with prediabetes avoid type 2 diabetes at 2 years<sup>1</sup>

*"Since starting on Virta, I've lost 40 pounds, and have been ecstatic to see my weight go below 200. As my body fat has decreased, so has my waistline, requiring a full wardrobe makeover."*

**Alison B, Virta Member**

## Behind Virta

- Personal medical care and coaching
- Daily support via the Virta app
- Backed by clinical research

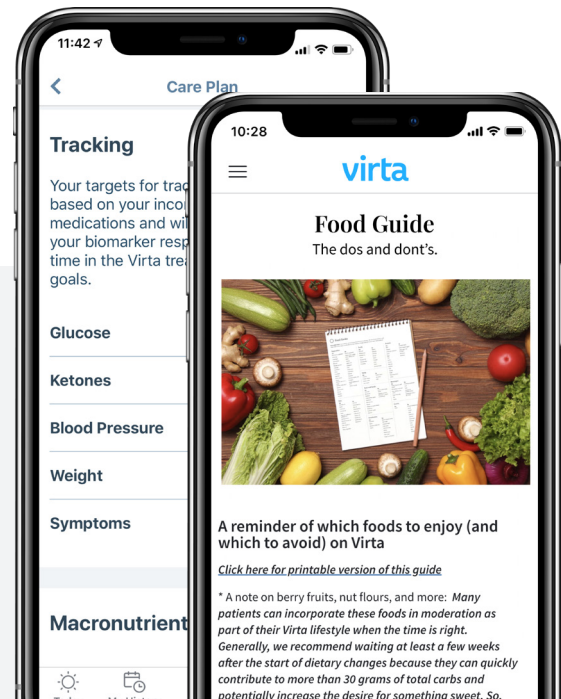
## Pay \$0 for care\*

Check to see if a prediabetes or weight issue qualifies you/your dependent\* for care at no direct cost.

Learn more:

[www.virtahealth.com/join/iuoe](http://www.virtahealth.com/join/iuoe)

Or scan this QR Code



<sup>1</sup> McKenzie AL, Athinarayanan SJ, McCue JJ, Adams RN, Keyes M, McCarter JP, Volek JS, Phinney SD, Hallberg SJ. Type 2 Diabetes Prevention Focused on Normalization of Glycemia: A Two-Year Pilot Study. *Nutrients*. 2021; 13(3):749.

\* Virta is available to eligible IUOE members and eligible dependents between the ages of 18 and 79 who are enrolled in a IUOE local health and welfare fund health plan. This benefit is currently being offered to those with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater. Space is limited, so apply today to avoid missing your spot! There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

