



## Better health can taste great



### Don't settle for a life with diabetes

Virta Health is a virtual clinic that may help you lower blood sugar, lose weight, and rely less on pricey drugs. Members eat their way to better health thanks to a plan made just for them and support from medical providers, coaches, and digital health tools.

Within 10 weeks, 87% of Virta members in a clinical study stopped or reduced insulin<sup>1</sup>.

Check eligibility:

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

Or scan this code



*"It's been so easy to make my meals and life Virta-friendly. It's been 3 months and so far, I've lost 50 pounds...Beyond that, it's become easier for me to be on my feet all day at work, which is a great improvement."*

**Member Mauricio,**  
09/2022

### Put a healthy spin on your go-to meals

- Almond flour pancakes and eggs
- Tacos with cheese shells
- French fried green beans
- Sausage jambalaya and cauliflower rice

### Behind Virta's programs

- Backed by research
- Tips to make meals more healthy
- Personalized provider care and coaching
- Daily support via mobile/desktop app
- You may be covered for \$0 care

<sup>1</sup> McKenzie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, Glon RM, McCarter JP, Volek JS, Phinney SD, A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. *JMIR Diabetes* 2017;2(1):e5. <https://doi.org/10.2196/diabetes.6981>