



Yes. You can reverse type 2 diabetes with this virtual care plan.

Here's a way to help lose weight and lower blood sugar using food as medicine with this innovative, nutritional program. It can help reverse type 2 diabetes, without the risks, costs, or side effects of medications or surgery.

Virta Health helps WHA members lower their blood sugar and hemoglobin A1c, making it possible to reduce (or even eliminate) diabetes medications and lose weight. With a personalized plan, and a health and medical coaching team at your side, participants also report more energy and less pain. This telehealth program (a value of around \$3,000) is at no added cost to qualifying WHA plan members.*

The Virta program is also offered in Spanish with Spanish-speaking coaches available.

PROGRAM HIGHLIGHTS

- ❖ **Virtual clinical care team:** access to Virta's board-certified clinical providers and healthcare professionals coordinate care as needed with your primary care provider (PCP).
- ❖ **Daily health coach support:** message a Virta health coach through the Virta care app for ongoing nutrition support and encouragement.
- ❖ **Diabetes testing supplies:** everything you need to track your progress, including a bodyweight scale, a meter with glucose and ketone strips, lancets, and swabs and if needed, a blood pressure cuff are all included in the program and delivered right to your door.
- ❖ **Digital educational tools:** through a web portal and mobile app, access videos and recipes, food lists, and meal plans. And, you can even engage with a private online support community.

* Coverage for this program depends on certain eligibility criteria. Eligible members must be between the ages of 18 and 79 with a diagnosis of type 2 diabetes. Let your PCP's office know when you start a new program so they can keep your medical records up to date.

Virta Health's treatment has been clinically proven to reverse type 2 diabetes, by changing the way you eat. Take the first step by completing a short application online at mywha.org/Virta. You will then be able to schedule a free call with one of Virta's enrollment advisors, who will review how Virta could work for you.

visit • mywha.org/Virta

apply • virtahealth.com/join/wha

email • support@virtahealth.com



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