



Type 2 diabetes isn't destiny



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

Eat your way to better health

Virta Health helps get high blood sugar and weight back to healthy levels. Clinicians and health coaches help members find healthier versions of meals they love.

With Virta, you can reduce your risk for type 2 diabetes, lose weight, and live better.

Pay \$0 for care*

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



**In clinical studies,
members lost an
average of 30 lbs in
one years¹**

Learn more: virtahealth.com/join/ymca

Or scan the QR code



¹ 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.

* The cost of Virta is fully covered for you and your eligible family members with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater who are enrolled in a YMCA Employee Benefits medical plan.

