



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

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.¹



30lbs avg 1-year member
weight loss¹

97% with prediabetes avoid
type 2 diabetes at 2 years¹

"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

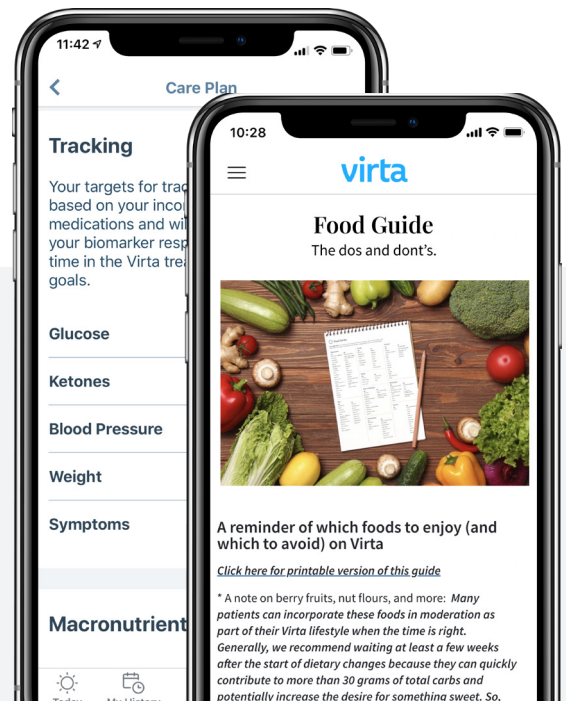
Pay \$0 for care*

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

Learn more:

virtahealth.com/join/ymca

Or scan this 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.

* Virta is available to YMCA employees and eligible dependents between the ages of 18 and 79 who are enrolled in a YMCA Employee Benefits medical plan. This benefit is currently being offered to those with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater.

