



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

Your weight loss and diabetes reversal* benefit

**No fad diets or extra gym visits—
just foods that are right for you**

Virta is your guided nutrition program—
available at **\$0 cost to you**. Personalized
to your lifestyle and health goals, Virta
uses nutrition science to build custom
plans that help you sustainably lose
weight and manage your diabetes.

**Virta is your
fully-covered benefit
for better health.**

Get personalized nutrition
support at no cost to you.

Claim my benefit

Access a kit of free supplies



Digital weight scale



Glucose and ketone meter



Exclusive recipes



Visit **virtahealth.com/join/ymca** or scan the
QR code to claim your benefit today.



Virta is available to YMCA employees and eligible dependents 18 years or older 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. There are some medical conditions that would exclude members from the Virta program. Start the application process now to find out if you qualify.

*Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

Frequently Asked Questions



For Potential Members

What is Virta Health?

Virta is a guided nutrition program to lose weight and reverse type 2 diabetes. Personalized and flexible to your lifestyle, learn to eat foods that are right for you. On demand support from providers and health coaches along with personalized feedback empower you to lose weight, lower your blood sugar, and transform your health.

How much does Virta cost?

Virta is a fully covered benefit available at \$0 cost to you.

What does it mean to reverse an issue like type 2 diabetes?

Reversal of type 2 diabetes on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

What results can members see?

Based on a clinical study¹, in just 10 weeks, Virta members **lost 18 lbs on average, reduced their A1c by 1.0 on average, and 87% were able to stop or reduce medications.**

Members have also seen improvements in sleep² and blood pressure³.



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Claim your fully covered benefit today to get started



What's included in a care plan?

Your custom Virta plan is designed to meet your preferences, budget, and lifestyle. Every member has exclusive access to:

- An app for continuous health insights
- Digital weight scale and blood meter that syncs with their phone
- One-on-one health coach support
- Personalized plan backed by clinical research
- Medical provider to safely reduce unwanted medications

Is Virta right for me?

Virta takes a personal approach to care. This has helped members of diverse backgrounds, needs, and lifestyles find success.

Virta is *not* a good fit if you:

- Are younger than 18 years old
- Are pregnant or nursing
- Have stage 4 or 5 chronic kidney disease
- Have end-stage renal disease on dialysis
- Had diabetic ketoacidosis in the past 12 months

How do I enroll?

You can start your journey by applying at virtahealth.com/join where your eligibility will be confirmed. You'll then complete a health screening, where you'll share lab work results and meet with a Virta clinician for medical clearance.

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¹ Hallberg SJ, McKenzie AL, Williams P, et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at One Year: An Open Label, Non-Randomized, Controlled Study. Diabetes Ther. 2018. DOI: 10.1007/s13300-018-0373-9. Medication and weight-loss is for people living with type 2 diabetes and completing 1 year. Medication reduction refers to the percent of total diabetes prescriptions eliminated, excluding metformin.

² Siegmund MJ, Athinarayanan SJ, Hallberg SJ, et al. Improvement in Patient-Reported Sleep in Type 2 Diabetes and Prediabetes Participants Receiving a Continuous Care Intervention with Nutritional Ketosis. Sleep Medicine. 2019; 55: 92 - 99. doi: 10.1016/j.sleep.2018.12.014

³ Bhanpuri, N.H., Hallberg, S.J., Williams, P.T. et al. Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 year: an open label, non-randomized, controlled study. Cardiovasc Diabetol 17, 56 (2018) doi:10.1186/s12933-018-0698-8