

In only one year,
Virta patients see
an average of¹:

63%
medication
reduction

1.3pt
HbA1c
reduction

12%
weight
loss

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.



The Virta program is offered at no cost to all Trust PPO Plan participants and eligible family members with type 2 diabetes.

Virta is available to Washington Teamsters Welfare Trust PPO Plan participants, their eligible covered dependents who have type 2 diabetes and are between the ages of 18 and 79. There are some medical conditions that would exclude patients from the Virta treatment. The program is completely confidential and offered at no cost to you. Start the application process now to find out if you qualify.

info.virtahealth.com/wateamsters



Yes.
*You can reverse
type 2 diabetes
with Virta.*



The Virta difference

Unlike other diabetes (or weight loss) treatments/management programs, Virta goes beyond just treating the symptoms of the disease.

On Virta, you learn how to change how you eat so that your body burns fat for energy, instead of sugar/carbohydrates.

This can help you naturally lower your blood sugar and reduce the need for diabetes medication.

Virta can also help you lose weight and live a healthier life.

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Your free Virta starter kit is just the beginning.

What you get on Virta:

Virtual medical care from a physician-led team.

Unlimited one-on-one health coaching.

Diabetes testing supplies like meters and strips, delivered right to your door.

Practical resources like recipes, food lists, and meal plans.

Access to a private online patient community.

