VALLEY SCHOOLS

Why struggle with type 2 diabetes when you can reverse it?

One-year patient clinical trial results:[1]

94% stopped/ reduced insulin

30lbs average weight loss

1.3pt average HbA1c drop

Try a care option that uses food as medicine to help lower blood sugar

Virta Health can show you how to lower blood sugar and lose weight naturally by putting a healthy spin on your go-to meals. Virta is a virtual clinic that uses nutrition science and technology to reverse* type 2 diabetes and related issues in the body—no calorie counting or gym visits needed.

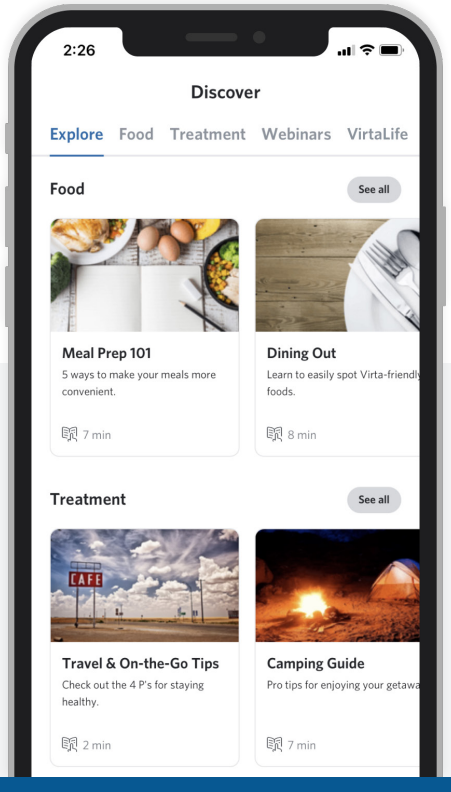
Get a custom food "prescription"

The American Diabetes Association believes that there's no such thing as a diabetes diet[2] and Virta agrees. Each body is different. This is why Virta members get a custom plan to eat their way to better health. They also get ongoing support from medical providers, coaches, and digital monitors.

Members can see results in weeks thanks to personalized care plans that keep unique health needs and lifestyles in mind.

Everything to gain and nothing to lose

Your employer fully covers the cost of Virta for employees and eligible dependents between the ages of 18 and 79 with type 2 diabetes **who are enrolled in a health plan through UnitedHealthcare.**



Learn more:
virtahealth.com/join/valleyschools
Or scan this QR Code with your smartphone

1 *Hallberg, S.J., McKenzie, A.L., Williams, P.T. et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. Diabetes Ther 9, 583–612 (2018). https://doi.org/10.1007/s13300-018-0373-9*

2 *Evert AB, Dennison M, Gardner CD, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. Diabetes Care 1 May 2019; 42 (5): 731–754. https://doi.org/10.2337/dci19-0014(3) McKenzie AL, Hallberg SJ, Creighton BC, et al., A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. JMIR Diabetes 2017;2(1):e5. https://doi.org/10.2196/diabetes.6981*

* *Virta Health defines reversal as reaching HbA1c below 6.5 without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.*

virta