virta

November is Diabetes Awareness Month

Take control of your life back from diabetes with Virta—a doctor-led and data-backed nutrition program that helps you naturally lower blood sugar, get off unwanted medications, and reverse* diabetes.

All at **$0 cost to you**.

Get started and apply today at
virtahealth.com/join

Enroll today and receive a kit of free supplies to support success



A glucose and ketone meter



A digital weight scale



Exclusive nutrition resources and more

*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.