



440 N Barranca Avenue  
Covina, CA 91723-1722

**Information on a \$0 cost health benefit**

# \$0 cost to you



{{First name}}, scan to start your fully covered program

[go.virta.com/niamcare](https://go.virta.com/niamcare)

Virta and the National IAM Benefit Trust Fund offer you a guided nutrition program at **\$0 cost**.\*

Virta combines personalized nutrition and expert medical support to help **members lose an average of 22 pounds and maintain it after one year**.\*\* Plus, 97% feel confident they can sustain their healthy lifestyle.†

**Enroll in Virta today and get:**



A complimentary Starter Kit with weight scale, supplements, and simple recipes.

**Have questions? We're here to help.**  
Email us at [support@virtahealth.com](mailto:support@virtahealth.com)

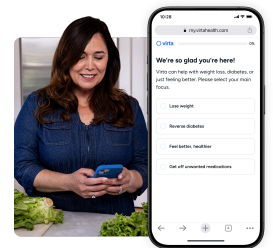


Learn more about the Virta program by visiting:  
[go.virta.com/niamcare](https://go.virta.com/niamcare)

## Join Virta in 3 easy steps:

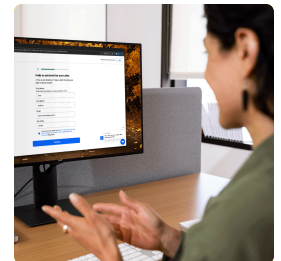
### 1. Create an account

Take 5 minutes to sign up with your email



### 2. Answer a few questions

Find out if you're eligible



### 3. Connect with your care team

Learn how Virta can fit your lifestyle



\*Virta may be available to eligible participants who may be struggling with type 2 diabetes, type 1 diabetes, prediabetes, and weight gain.

\*\*Roberts CGP, Athinarayanan SJ, Volk BM, Adams RN. One year real-world outcomes of remotely delivered carbohydrate restricted nutrition therapy. Obesity (Silver Spring). 2024, 32: 55-308. <https://doi.org/10.1002/oby.24195>

†Virta internal survey, member population gathered 10/2024

# Eligibility Information

Virta is available to National IAM Benefit Trust Fund participants and eligible dependents 18 years or older who are enrolled in a National IAM health plan through CFA. This benefit is currently being offered to those with type 2 diabetes, type 1 diabetes, prediabetes, or a BMI of 25 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.

Virta does not discriminate based on race, color, national origin, age, disability, or sex. Free help is available in your language. Visit <https://www.virtahealth.com/non-discrimination-notice>.