

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.

Access a kit of free supplies:



Digital weight scale



Glucose and ketone meter



Exclusive recipes



To learn more, visit virtahealth.com/join/niam
or scan the QR code



National IAM Benefit Trust Fund fully covers the cost of Virta for you and your eligible family members with type 2 diabetes, prediabetes, and/or a BMI of 30 or greater.

* 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.