



# Reversing type 2 diabetes can taste great!

[virtahealth.com/wha](https://virtahealth.com/wha)



## Virta can help you reverse type 2 diabetes.

Virta uses the clinically-proven combination of nutritional ketosis, medical supervision, and one-on-one health coaching.

### You also get:

- All the supplies you need for biomarker tracking
- Access to a private patient community
- Curated recipes, food guides, and meal plans

Learn more at  
[virtahealth.com/wha](https://virtahealth.com/wha)

Virta is available to Western Health Advantage members between the ages of 18 and 79 who are enrolled in an eligible Western Health Advantage health plan. This benefit is currently being offered to those with type 2 diabetes. There are some serious medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

### Virta can help you:

- ⬇ Lower blood sugar
- ⬇ Decrease medications
- ⬇ Reduce A1c
- ⬇ Lose weight
- ⬇ Lower triglycerides

### How is Virta different?

- ⊘ No calorie counting
- ⊘ No fasting
- ⊘ No exercise required
- ⊘ No medication
- ⊘ No surgery