



When it comes to weight gain and high blood sugar, the problem goes beyond sweets and calories. Carbohydrate sensitivity is a growing issue that keeps millions heavy, tired, achy and medicated.

Virta is a virtual clinic for nutrition-based care

Virta Health uses food as medicine to help members naturally lose weight, lower A1C and reduce medication needs. With provider support, coaching and technology, members can bring the body back into balance. No calorie counting, gym visits or injections needed.

Care is \$0 for those with a qualifying condition.*

"I used to love having friends over for dinner, but stopped due to my poor health. Virta has reignited my passion for food—and my own health. I'm getting the itch to have friends over again and wow them with a Virta-friendly dinner."

Patrick, 08/2019

Lost 35lbs in 10 weeks, lowered A1C from 10.3 percent to 5.2 percent



Members eat well based on health needs and tastes



Check eligibility

www.virtahealth.com/join/asbait



**ASBAIT fully covers the cost of Virta (valued at over \$3,000) for you and your eligible family members with type 2 diabetes, type 1 diabetes or prediabetes. Virta is also covered for those with a BMI of 30 or greater who are interested in safe and sustainable weight loss.*

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