



## Your health and wellness benefits

You can have confidence in knowing you're not alone in your health journey. Here's an intro to the support program included in your health plan.

### Virta Health

Virta Health is a virtual clinic that may help you lose weight and reversal of type 2 diabetes or prediabetes. At only 12 weeks, members in real-world populations lost an average of 14 pounds (6%) on Virta.\*

Check eligibility at  
[virtahealth.com/join](https://virtahealth.com/join)

\*Virta Health Registry, avg wt loss in enterprise members with obesity cared for 90 days. Wt change calculated from 3d avg carried forward from last recorded in case of missing data at 90 days. Data as of 11/21/23.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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