

What is the Virta treatment?

Virta is a treatment that safely reverses type 2 diabetes and obesity without the risks, costs, or side effects of medications or surgery.

How does Virta reverse type 2 diabetes?

Virta is very different from other diabetes treatments. Virta teaches you how to change your diet so that your body burns fat for energy.

This lowers your blood sugar and need for diabetes medication. Imagine eating eggs, bacon, and avocado for breakfast!



We change *what* you eat, not how much you eat.



By changing what you eat, you can reduce your blood sugar.








We fully support those who want to exercise, but it is not required to achieve diabetes reversal.

How does Virta work with my specific lifestyle?

We personalize everything: food choices, food access, religious beliefs, and more—we design the Virta treatment to make sure that it works for *you*.

What does the Virta treatment include?

-  Unlimited 1:1 health coaching
-  Free diabetes testing supplies like meters and strips, delivered right to your door!
-  Doctor-driven support
-  Smartphone app for tracking ketones, glucose, and weight
-  On-demand resources like recipes, grocery lists, meal plans and more!

What does this cost?

Quartz provides access to Virta at no additional cost* to you if you or your eligible family members have type 2 diabetes. Virta is also covered for those with a BMI of 30 or greater who are interested in safe and sustainable weight loss.

This seems great! How do I start?

This process is very simple! After you apply, you'll be connected with an enrollment advisor who can answer any questions and help you start your journey towards better health!

Apply today at

www.virtahealth.com/join/quartz