



Join the movement to reverse type 2 diabetes.

Virta uses the research-backed 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, and curated recipes, food guides, and meal plans!

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

Who is Virta for?

Virta is available to City of Phoenix employees and their eligible adult dependents who are enrolled in a health plan through BCBSAZ or Banner|Aetna, including those covered under COBRA. This benefit is currently being offered to those with type 2 diabetes who are between the ages of 18 and 79. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

What's the cost?

There is no copay or out of pocket cost for the treatment—Virta is fully covered for those that qualify!

Learn more at
virtahealth.com/join/cityofphoenix

