

Your weight loss and diabetes reversal* benefit



No fad diets or extra gym visits— just foods that are right for you

For eligible Health New England members and covered dependents* with type 2 diabetes, prediabetes, or those with a BMI of 27 or greater, Health New England is partnering with Virta to offer you this guided nutrition program for safe and sustainable weight loss. Virta is available at \$0 cost to you. Personalized to your lifestyle and health goals, Virta uses nutrition science to build custom plans that help you lose weight, lower your blood sugar and transform your health.

Join the thousands of people using Virta and transforming their lives



“The most surprising thing about Virta is how much I enjoy my new way of eating. I’ve lost 30 pounds and have been able to maintain it, and my life no longer revolves around my diabetes meds.”

Ricardo, Virta member

Virta is your fully-covered benefit for better health.

Get personalized nutrition support at no cost to you.

If you qualify, you’ll receive:



Personalized health coaching



Connected weight scale and blood meter



Exclusive nutrition resources and recipes



Dedicated medical guidance



Visit virtahealth.com/join/healthnewengland or scan the QR code to claim your benefit today.



*Health New England fully covers the cost of Virta for you and your eligible covered dependents with type 2 diabetes. Virta is also covered for those members with a BMI of 27 or greater who are interested in safe and sustainable weight loss.

Virta is available to eligible members with prescription drug coverage through Health New England. Some self-funded employer groups might not participate in this program. Please check with your employer.

Health New England complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATTENTION: If you speak any language other than English, language assistance services, free of charge, are available to you. Call (413) 787-4000 or TTY 711.

Health New England cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (413) 787-4000 o TTY 711. Health New England cumpre as leis de direitos civis federais aplicáveis e não exerce discriminação com base na raça, cor, nacionalidade, idade, deficiência ou sexo. ATENÇÃO: Se fala português, encontram-se disponíveis ser-viços linguísticos, grátis. Ligue para (413) 787-4000 ou TTY 711.

* Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.