

# Your weight loss and diabetes reversal\* benefit



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

For eligible Medicare Advantage members with type 2 diabetes, prediabetes, or those with a BMI of 25 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**



Visit [virtahealth.com/join/healthnewengland](https://virtahealth.com/join/healthnewengland) or scan the QR code to claim your benefit today.

## 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



Health New England fully covers the cost of Virta for eligible members with type 2 diabetes. Virta is also covered for those with a BMI of 25 or greater who are interested in safe and sustainable weight loss. Health New England Medicare Advantage is an HMO, HMO-POS, and PPO Plan with a Medicare contract. Enrollment in Health New England Medicare Advantage depends on contract renewal. 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) 787-0010 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) 787-0010 o TTY 711. Health New England cumple 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 serviços linguísticos, grátis. Ligue para (413) 787-0010 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.

Y0158\_2024\_258\_M Accepted