



Discover a new way to better health

Take control of your health with a proven, no-cost* nutrition program

Backed by doctors and trusted by thousands, Virta is an online, personalized nutrition program that helps you lose weight, lower blood sugar, and even reverse type 2 diabetes—no calorie counting, medications, or extra gym visits needed.

Join the thousands of people using Virta and transforming their lives



"Because there is no calorie counting on Virta, I'm not hungry. And because I'm not hungry, I'm not craving unhealthy foods. I've never gone longer than 6 months on the diets I've tried. But It's been a little over a year since I started Virta and I feel incredible."

Allison, benefits leader and Virta member

Get started with
your fully covered
Virta benefit



At no cost to you,
you'll receive:



Personalized health coaching



Connected weight scale and blood meter



Exclusive nutrition resources and recipes



Dedicated medical guidance

Visit go.virta.com/adtlearn for more information

*Virta is available to individuals over the ages of 18 and are enrolled in a covered health plan. There are some serious medical conditions that would exclude patients from Virta.

Type 2 diabetes reversal on Virta is defined by reaching HbA1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.