

Your covered diabetes management benefit



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

Virta is your guided nutrition program—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

"I feel thankful that Virta Health has been able to remove the sulfonylurea and the semaglutide from my daily dose-taking regimen. I find the Virta Lifestyle is incredibly sustainable. MAHALO NUI LOA for allowing me to take this journey!"

-EUTF Member

Virta is your fully-covered benefit for better health.

Get personalized nutrition support at no cost to you.

[Claim my benefit](#)

At \$0 cost to you, you'll receive:



Personalized health coaching



Connected weight scale and blood meter



Exclusive nutrition resources and recipes



Dedicated medical guidance



Visit vartahealth.com/join/eutf or scan the QR code to claim your benefit today.



Virta is available to HMSA EUTF plan members and eligible dependents between the ages of 18 and 79. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude members from the Virta treatment. Start the application process now to find out if you qualify. Virta is an independent company and health care provider providing disease management services on behalf of HMSA.