



Don't forget nutrition care



Enroll anytime of year for \$0/month*

This open enrollment, make sure to keep all your health needs in mind. If you or a loved one struggle with type 2 diabetes, high blood sugar, or weight gain, it may be time to explore nutrition therapy with Virta Health.

A virtual nutrition clinic made for real life

Instead of a one-size-fits-all diet, Virta's providers and health coaches help members eat their way to better health with a personalized nutrition plan designed for your health needs, tastes, and lifestyle. Every day, members are reversing poor health and redefining what's possible.

"Surprisingly, I'm able to eat more of the food that I enjoy now than I ever could before I started on Virta. My Virta doctor and health coach are my dream team."

Kenneth, Virta member³

10-week member results^{1,2}



18lbs average weight loss



1.0 average A1C reduction



94% stopped/reduced insulin

The Virta difference

**Nutrition, not
calorie restriction**

*Eat until
you feel full*

**Personalized,
not one-size-fits-all**

*Your plan covers
your needs & tastes*

**About the journey,
not the judgment**

*Get caring providers
and coaches*

Check eligibility:

virtahealth.com/join/lennox



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.

1 McKenzie AL et al. JMIR Diabetes 2017.

2 For members enrolled in type 2 diabetes reversal.

3 Kenneth's quote was provided to Virta Health on 09/2022.

* Virta is available to Lennox employees, spouses and eligible dependents between the ages of 18 and 79 who are enrolled in a Lennox medical plan. This benefit is currently being offered to those with type 2 diabetes.

