

Discover a new way to better health



Coming Soon

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

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

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

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

Visit virtahealth.com to explore how Virta works

*Virta is available to employees and their dependents ages 18 and older who are enrolled in an Aristocrat - sponsored medical plan through Aetna. The benefit is currently offered to individuals with type 2 diabetes, prediabetes, or a BMI of 25 or greater. Certain medical conditions may affect eligibility for the Virta program. For Virta Customers Only Not for Distribution without Permission Eligibility for GLP -1 medications for weight loss may differ from eligibility for Virta. Medication eligibility and coverage are determined by your medical history, clinical criteria, and health plan requirements. To access up to \$250 toward a GLP -1 medication for weight loss, the medication must be prescribed and managed by a Virta provider. Start your application today to find out if you qualify.

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