

March 28 is Diabetes Alert Day

Beyond the signs, it's also important to know your options for type 2 diabetes care. A medically-supervised diabetes reversal plan uses food as medicine to deliver life-changing benefits.

How Diabetes Reversal Can Lead to Better Days



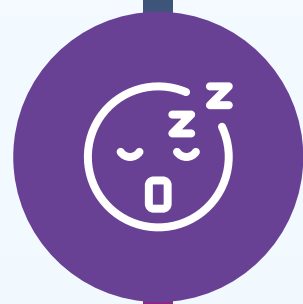
MONTH 1

A life with less meds becomes possible as blood sugar levels improve



MONTH 2

Clothes can fit better from early weight loss thanks to nutritional changes



MONTH 3

More active days lie ahead thanks to better sleep and a body put into balance



MONTH 4

Joint aches and pains can lessen when the body has less inflammation



MONTH 5

Overall health improves, like risk factors for heart disease and mental health

**Find out if reversal is right
for you or a loved one**



To learn more, visit
virtahealth.com/join/usa

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Virta Health is a leading clinic for diabetes reversal and prevention care.

Reversal on Virta is defined as reaching an A1c below 6.5% without the use of diabetes medications beyond metformin.

Health issues can return if lifestyle changes are not maintained. Reversal journey above is a sample timeline of improvements; individual results may vary.