virta

REPUBLIC SERVICES

Reverse type 2 diabetes with a program designed for real life

Lose weight, lower your blood sugar, and reduce medications with Virta.

Virta is a personalized, doctor-backed nutrition program available at $0 cost* to you. Whether your goal is weight loss, improving metabolic health, or reversing type 2 diabetes, Virta provides expert support tailored to your needs—without calorie counting, intense workouts, or relying on medications.

No guesswork. No one-size-fits-all plans. Just real food, real support, and real results.

Scan to claim your fully covered Virta benefit

Visit go.virta.com/rsi for more information

Get everything you need to succeed:



Complimentary Starter Kit with tools to track progress



A **dedicated care team** to guide you every step of the way



A **personalized nutrition plan** built for your body and lifestyle

* Virta is available to Republic Services employees and eligible dependents 18 years or older who are enrolled in a UnitedHealthcare plan. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude members from the Virta program. Start the application process now 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 metformin. Diabetes and related issues can return if lifestyle changes are not maintained.