

Your weight loss and diabetes reversal* 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



“The most surprising thing about Virta is how much I enjoy my new way of eating. I’ve lost 30 pounds and have been able to maintain it, and my life no longer revolves around my diabetes meds.”

Ricardo, Virta 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 virtahealth.com/join/syneoshealth or scan the QR code to claim your benefit today.



Virta is available to Syneos Health employees, spouses, and adult dependents 18 years or older who are enrolled in a Syneos PPO or HSA health plan. This benefit is currently being offered to those with type 2 diabetes or prediabetes. Virta is also covered for those with a BMI of 27 or greater who are interested in safe and sustainable weight loss.

*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.