

Discover a new way to better health

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

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

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

Get started with your fully covered Virta benefit



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

Visit go.virta.com/brightspring for more information

* Virta is available to eligible BrightSpring Health Services employees and dependents 18 years or older who are enrolled in a BrightSpring Health Services medical plan through Imagine360 or Coupe. This benefit is currently being offered to those with type 2 diabetes, type 1 diabetes, prediabetes, or a BMI of 25 or greater. 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.