

A better way to lose weight and take control of your health

Starting July 1, 2026

An online, doctor-backed nutrition program available at no cost* to you

Virta combines personalized nutrition, expert medical support, and real-time data to help you lose weight, lower blood sugar, and restore your metabolic health.

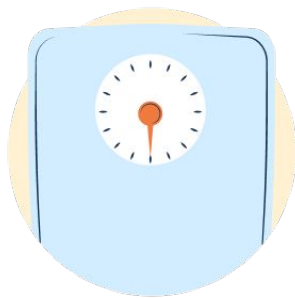
No calorie counting or extra gym visits. **Just real care, real food, and real results.**



See if you're covered today



Get everything you need for better health



A free **Starter Kit** with a digital scale, electrolyte supplements, and more



An **expert care team** to guide and support you every step of the way



Easy meal plans and recipes for your budget, preferences, and tastes

Visit go.virta.com/Mayflower-today to learn more

Virta is available to Mayflower Municipal Health Group (MMHG) members, spouses, dependents, COBRA participants, and retirees ages 18 and older who are enrolled in an active, non-Medicare medical plan through Harvard Pilgrim or Blue Cross Blue Shield of Massachusetts. This benefit is currently offered to individuals with prediabetes or a body mass index (BMI) of 25 or higher. MMHG reserves the right to limit program enrollment based on available funding. Costs associated with GLP-1 medications for weight loss are the responsibility of the member. Certain medical conditions may make some individuals ineligible for participation. Start the application process to determine whether you qualify.