

A Case Study

City of Fort Worth wins with a comprehensive,
tech-enabled approach to diabetes



Fort Worth, Texas is home to nearly 1 million residents, making it the twelfth largest city in the U.S. It is also one of the country's fastest growing cities, which means the City of Fort Worth has been adding employees to provide services for its citizens. Like most large municipal employers, its workforce varies from public works employees, librarians and emergency personnel to clerks, planners and other office employees. They currently provide benefits to more than 11,000 members.

City of Fort Worth



1M

Fort Worth, Texas is home to nearly 1 million residents



12th

The twelfth largest city in the U.S. Employs large mix of workers from police and fire to administrative workers



11K

11,000 members using Accolade solutions

Challenge

As it is for many employers, diabetes has been a big challenge for the City of Fort Worth. It was the disease affecting the largest number of employees across all areas of the workforce, especially during COVID-19. As employees transitioned back to work, the employer wanted to find a way to help and support them.

Solution

That's where Virta Health came in. Virta Health provides the first treatment that safely and sustainably reverses Type 2 diabetes without medications or surgery. Reversal means that the patient returns to a sub-diabetic A1C level of 6.5 and also stops using diabetic medications.

The program provides remote monitoring and behavioral coaching that helps users control blood sugar and reduce adverse events. The remote monitoring, as well as a connected glucometer, unlimited test supplies and safety alerts are all included. It also includes both human and app-based behavioral coaching, nutritional programs and group-based education.

In clinical trials, 60% of Virta's members achieved diabetes reversal and 94% of insulin users reduced or eliminated usage altogether. Results extend even beyond diabetes to other areas of metabolic and cardiovascular health — including blood pressure, inflammation, liver function and BMI.

Since the City of Fort Worth was already working with Accolade, they were able to access Virta quickly and easily. They could even bring Type 2 diabetes reversal to their populations nearly risk-free, because Virta puts 100% fees-at-risk for partners of Accolade.



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- Nathan Gregory

Results

Diabetes reversal, savings and satisfaction

Just a year after starting Virta, the City of Fort Worth has already seen incredible results. Members are experiencing diabetes reversal, moving off diabetes medication and improving their health, according to Nathan Gregory, SPHR, SHRM-SCP, deputy director of human resources. The organization is also saving money from people coming off of high-cost medications.

“What we’ve seen are really groundbreaking health improvements in our population,” he said.

After 120 days on the Virta treatment, City of Fort Worth members:

- Reduced their A1C nearly a point
- Lost 4.6% of their body weight
- Eliminated 40% of their diabetes-specific medications

In addition, 25% were no longer on any diabetes medications. There was also a 3x increase in the number of members using Virta with sub-diabetic A1C at 120 days.

And members are thrilled with Virta. Here is what one member said:

“Being diagnosed and learning to live with Type 2 Diabetes is something that has changed my life immensely — not for the better.

Knowing that there is a program out there that can help me address the root cause of the problem and even possibly reverse this disease has given me hope that my quality of life can improve. Thank you for providing this opportunity for change!”

Gregory says it’s amazing to get so much positive feedback from members on the program.

“If you are a benefit manager, you know that typically no news is good news,” said Gregory. “So when you actually get good news and when you actually get positive reports back, you know that something is going really, really well.”

A1C improvement

-0.9

Average A1C decrease
(from 7.35% to 6.43%)

Weight loss

-4.6%

Average body weight loss
(from 237 lbs to 227 lbs)

Medication elimination

40%

percent of diabetes-specific medications eliminated

