



## Reversing Type 2 Diabetes Without Medication or Surgery

### Proactive diabetes management is cost-effective for employers

Diabetes is a significant health concern in the United States. With 37.3 million living with type 2 diabetes, and an additional 96 million with prediabetes,<sup>1</sup> the scope of the impact is vast. This not only affects a large number of people, but it also comes at a high cost—the American Diabetes Association (ADA) has reported that people with diabetes account for 25% of healthcare costs in the US. The report notes that metabolic health problems, like diabetes, are among the costliest and riskiest threats to population health in the US, with diagnosed diabetes alone reaching \$327 billion in 2017.<sup>2</sup>

#### A revolutionary approach to diabetic care

Solutions like Virta are changing the way diabetes is treated with fully-virtual, provider-led medical groups. This clinically proven approach has successfully reversed type 2 diabetes in many patients without the use of medications or surgery. Unlike other diabetes management solutions—which work to stabilize high blood sugar through costly prescriptions—Virta helps patients return blood sugar to normal levels while safely eliminating all diabetes-specific medications, including insulin.

Virta uses biometric monitoring, health coaching, digital guided education protocols, individualized nutrition plans and virtual provider care through proprietary technology. This approach is considered the diabetes [Standard of Care](#) and is recommended as a first-line therapy by the American Diabetes Association for the fourth year.

#### Get support from Gallagher's Pharmacy Alliance

Gallagher is committed to bringing innovative solutions to its clients and offering a revolutionary approach to care. Understanding that diabetes is one of the top three prescription spend categories, Gallagher goes beyond traditional management to bridge the gap between medication and overall health outcomes.

#### Empower your employees to achieve better health outcomes

Our mission is to promote healthier behaviors and improve physical, emotional, career and financial wellbeing for your people. This, in turn, can help your organization discover opportunities for cost-savings. When your workforce is healthy and engaged, productivity improves and your organization's wellbeing thrives.

Among organizations enrolled in the Gallagher Pharmacy Alliance, solutions like Virta's have seen impressive results within the first 90 days such as:<sup>3</sup>

- Member retention reached 87%, including high levels of engagement and satisfaction.
- A total of 567 lbs of weight loss among the 51 members enrolled through the Gallagher Pharmacy Alliance.
- At least 5% body weight was lost by 54% of members.
- All members remained engaged in the program.

See the results! GPA clinical outcomes compared to usual care:

	Usual care one year outcomes	T2 diabetes reversal outcomes
A1c Change	+0.2	-1.1
Weight Change	+0.6%	-4.1%
Medication Change	+7%	-36%

<sup>1</sup>"National Diabetes Statistics Report," Centers for Disease Control and Prevention, 29 Jun 2022.

<sup>2</sup>"Economic Costs of Diabetes in the U.S. in 2017," American Diabetes Association, 1 May 2018.

<sup>3</sup>Virta internal EMR data at 90 days for Gallagher Pharmacy Alliance patient population with type2 diabetes, prediabetes, and obesity enrolled, ≥90 days at time of analysis. Baseline HbA1c was laboratory measured. In the absence of follow up laboratory data, A1c is derived from a proprietary model which estimates A1c on each day based on baseline information and actual biomarker data recorded on each patient in the last 120 days. The median absolute error is 0.23. Rx reduction includes prescriptions that have been eliminated. Data includes all diabetes medications other than metformin. Patients prescribed multiple drugs within the same class are counted as one prescription and only considered eliminated when both drugs are de prescribed. Results as of 7/24/2023.

Contact Gallagher's Pharmacy Alliance team to learn more today.

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