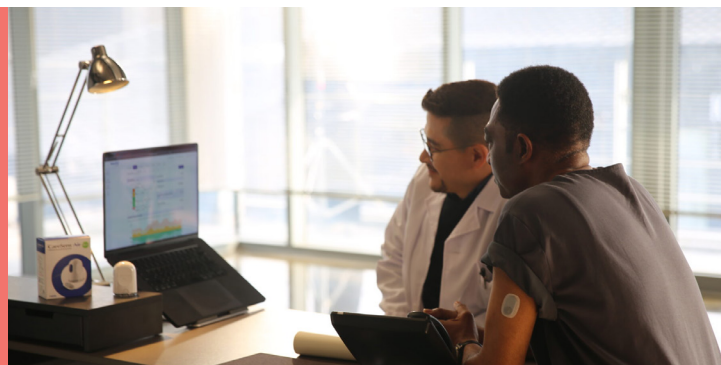


Case Study

Bringing metabolic health to life with CareSens Air



How Spirit Health supported Embrace Nutrition to incorporate continuous glucose monitoring into its Health Accelerator workplace wellbeing programme

The challenge

Embrace Nutrition's six-week Health Accelerator workplace wellbeing programme helps employees understand their metabolic health and make sustainable changes to their diet and lifestyle.

Embrace wanted to make this learning more personal, giving participants an opportunity to see how their own glucose levels responded to everyday factors such as food, exercise and stress.

Drawing on previous experience delivering type 2 diabetes programmes, Embrace Nutrition had seen how CGM could bring education to life by showing people the impact of changes to their diet and lifestyle on glucose levels. They saw an opportunity to bring the same feedback into the workplace and make the Health Accelerator experience even more engaging.

What we did

Spirit Health supplied 140 CareSens Air continuous glucose monitors for two Health Accelerator pilots.

Participants used CareSens Air for 15 days alongside the programme's education, coaching and health assessments, allowing them to explore their own glucose data in real time and put their learning into context.

Embrace Nutrition chose to work with Spirit Health after meeting the team at the DPC conference and finding a shared enthusiasm for using CGM to help people better understand their metabolic health.

The results

92%

rated the CGM trial 'Excellent' or 'Good' (n=84)

- Participants had 15 days of real-time glucose insights as part of the six-week programme
- The most common improvement request was to extend the CGM experience across the full six weeks
- Participant feedback showed that seeing their own glucose responses helped make the programme's education more tangible and personal
- Feedback showed that the CGM trial was one of the most highly rated elements of the Health Accelerator programme



“CGM this week was great, monitoring how foods impact – had a couple of surprises!”

Tonia, participant

“The explanation regarding the blood glucose and insulin was a ‘Eureka’ moment for me!”

Angela, participant

More than a sensor

The response to CareSens Air demonstrated the value participants placed on being able to see and explore their own glucose data.

Rather than learning about metabolic health in the abstract, CGM gave participants personalised information they could relate back to their own food, activity and lifestyle choices.

Helen Gowers, Director, Embrace Nutrition, said:

“Being able to show participants their metabolism in action, is incredibly powerful. It brings the education to life, allowing people to see for themselves how their body responds to what they eat and do – something the participant feedback really reinforced.”



“Great to have the CGM to try – will be really helpful to be able to see real-time specific responses of the body to certain foods/drinks/exercise/stress etc.”

Lucy, participant

What's next?

Following the positive response to the pilots, Embrace Nutrition is using the learning and participant feedback to continue developing its Health Accelerator programme for the workplace wellbeing market.

The collaboration has shown how CareSens Air can bring metabolic health education to life, giving participants personalised insights into their glucose data and helping them better understand how their everyday choices can affect their glucose levels.

For Spirit Health, the project also demonstrates the potential for CareSens Air to support innovative health education beyond traditional diabetes pathways, making glucose data more visible, personal and engaging.

At a glance

- **Programme:** Embrace Nutrition Health Accelerator
- **Pilot period:** March–June 2026
- **Programme length:** Six weeks
- **CGM experience:** 15-day CareSens Air trial
- **Participants:** 140 employees across the two pilots
- **CGM feedback:** 92% rated the CGM trial Excellent or Good (n=84)
- **Key learning:** Extending the CGM trial was the most common improvement request across the pilots

Delivered in collaboration with Embrace Nutrition, in association with Urgent Health UK (UHUK) and its member organisations.