



ValidationInstitute

2023 Validation Report

**Review for: ActiveHealth – Lifestyle and
Condition Coaching**

Validation Achieved: Savings

Valid through: January 2024



Company Profile



Category:	Wellness
Website:	www.activehealth.com/
Public or Private:	Public, part of the CVS Health® family of companies
Year Established:	2001
CEO:	Mohamed Diab
Company contact:	proposals@activehealth.com

Description:

The Lifestyle and Condition Coaching solution (LCC) helps members articulate a vision for their health, identify and close gaps in care and achieve short- and long-term health goals. **ActiveHealth** offers digital engagement platform that incorporates live coaching. They cover 10 lifestyle focus areas, such as tobacco cessation and weight management, plus support for 19 chronic conditions, including diabetes, heart disease and chronic kidney disease.





Claim Assertion for Validation

Members who receive LCC services have lower medical costs than a matched group of members who did not have the services. LCC members have significantly lower year-to-year trend in allowed costs per member per month for inpatient hospital and specialty physician services.

Method / Calculation / Examples

A group of 14,077 LCC members (study group) were matched to a control group of 37,840 members. The two groups were matched on the traits listed in Table 1. All members were age 18 through 64 and had a stable plan sponsor and consistent care management program throughout the time period analyzed.





Trait	Data Source
Age	Member enrollment record
Gender	
Relationship to subscriber	
Region	
Rx Coverage	
Member cost share & High Deductible Health Plan indicator	
Health insurance program	
Geographic cost index	
LCC risk score	Member assessment
Social Economic Status	American Community Survey results for each member's census tract
Median Household Income / County level cost of living	
Poverty	
Diversity	
Disability (% of population disabled)	
Education	
Family Structure (% widowed or divorced)	
Public Transport	
Employment	Behavioral Risk Factor Surveillance Survey for each member's census tract
Physical Inactivity	

Table 1: Group Traits and Data Source Overview





The Allowed Medical Costs per member per month (PMPM) for a baseline 12-month period was calculated for the study and control group members. The baseline PMPM was then compared to the PMPM of the first and second following years; for LCC members, these two years marked the beginning of LCC program activity. Allowed Costs were subtotaled by categories.

The year-to-year percentage change was calculated for each cost category and the difference between the study and control groups' change was calculated.

Findings & Validation

For the study group, Total Allowed medical cost PMPM rose 6% less than the control group during the time period from the baseline year to the second year. This difference in trend equates to \$27 per member per month in year 2. Figure one shows the trend differences for total allowed costs and for medical cost categories.

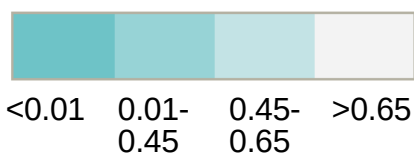


In Figure 1, the strength of the difference between the study and the control group's trends is color coded. "Strength" refers to how likely it is that the difference stems from the intervention versus from random chance. This is based upon a calculation of a "p" value; by convention, p values less than or equal to 0.05 are considered to show significant differences that are less likely random.

Figure 1: Year 1 & Year 2: Difference in Trend, Colored by Significance

	Adjusted Outcome Metric	Year 1 Difference in Trend	Year 2 Difference in Trend
Allowed Medical Cost PMPM	Total Medical	-3%	-6%
Allowed Medical Cost by Medical Cost Category PMPM	Ambulatory	-4%	-2%
	Emergency	3%	3%
	Home Health	-4%	2%
	Lab	1%	-4%
	Medical Rx	-3%	1%
	Mental Health	-4%	7%
	Primary Physician	4%	0%
	Radiology	-3%	-2%
	Specialty Physician	-4%	-4%

P-Value Color Label



The lower p values and darker color indicate that the difference between two groups' trend is more likely to be due to a true difference and less likely to be due to a chance

Limitations

The differences between the study and control groups' results may be due to an unmeasured factor. Since the study group voluntarily enrolled in the LCC program, the LCC members may have positive factors that explain some of the trend differences. However, the matching of the control group to the study group was extensive and thorough.

Many experts consider statistical significance to be achieved when the p value is 0.05 or less. This is an arbitrary but widely accepted standard. In this case, several p values were higher than 0.05. As p values get higher, the results become more likely to be the result of chance rather than the result of the intervention.



Validation and Credibility Guarantee

ActiveHealth's Lifestyle and Condition Coaching achieved validation for Savings. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>.

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.





Validation Expiration: January 2024

CERTIFICATE OF VALIDATION

Applicant:

ActiveHealth

233 Spring Street

New York, NY 10013

Product:

Lifestyle and Condition Coaching

Claim:

Members who receive LCC services have lower medical costs than a matched group of members who did not have the services.

Validation Achieved:

Validated for Savings

Linda K. Riddell, MS

VP, Population Health Scientist

Validation Institute

Benny DiCecca

Chief Executive Officer

Validation Institute



About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.