



ValidationInstitute

2025 Validation Report

Review for: Aware Health

Validation Achieved: Contractual Integrity

Valid through: February 2026



Company Profile



Category:	Musculoskeletal Management
Website:	https://awarehealth.io/
Public or Private:	Private
Year Established:	2020
CEO:	Heidi Ohja
Company contact:	heidi@awarehealth.io

Description Provided by the Company:

Aware Health partners with self-insured employers to deliver cost-effective, research-based orthopedic care to employees that promotes awareness, healing, and wellbeing. Orthopedic conditions are one of the top medical costs for US employers. **Aware** was created to help companies significantly cut costs while getting employees back to work faster by successfully triaging, diagnosing, and optimizing care delivery. **Aware** uses cutting-edge research to inform clinical decisions, resulting in lower utilization rates for the most costly diagnostics and treatments. Detailed in a published study in PM&R, **Aware** has had outstanding results with low healthcare utilization rates over 12 months for employees enrolled in its program: <8% imaging, <2% surgery, <9% required specialty care, <2% opioid use, <5% prescription medication use, and <1% litigation rate. We believe in listening generously, equipping clients with knowledge, and developing solid relationships. This approach likely





Company Profile



contributed to the <1% litigation rate. Our vision is to partner with employers to create a healthy and empowered workforce that is aware of the most modern care and preventive measures for healing orthopedic conditions.





Claim Assertion for Validation

Aware Health guarantees a reduction in the total of the following procedure codes/DRGs of _% across the organization over the three years of the contract. The “blank” will depend on the size of the organization.

The percent will vary according to the size of the organization. Baseline data for the prior year is required. Sizable changes to the makeup of the organization creating a discontinuity (such as a mass layoff based on lack of seniority, or a significant merger) may cause this percentage to be renegotiated. The minimum required participation in the program is 25%.

While this may list may be amended from time to time, the codes counted in the measurement are below.

Service category	CPT or DRG
joint replacement surgery	CPT: 27447, 27130; DRG: 469, 470
spinal fusion	CPT: 22532, 22556, 22610, 22533, 22558, 22612; DRG: 460, 453, 458
PT	CPT: 97001, 97002, 97110, 97112, 97140, 97530
MRI	CPT: 72141, 72146, 72148, 73221, 73721
injections	CPT: 20605, 20610, 62310, 62311, 62320, 62321, 62322, 62323, 64479, 64483, 64461, 64463, 64490, 64491, 64494, 64495, 64633





Findings & Validation

While there is not enough data to support an outcomes or savings validation, we feel that the results achieved to date support this Contractual Integrity validation. No MSK organization not validated by the Validation Institute uses valid language in their contract at all, meaning that outcomes/savings (if they exist at all) would be considerably overstated. By contrast, Aware Health's language ensures that outcomes claimed approximate outcomes achieved.

As described in these linked articles, measuring across the entire organization eliminates [regression to the mean](#) and [participation bias](#). Those are two major pollutants causing savings to be dramatically overstated in the absence of valid contractual language.

Therefore, Validation Institute proffers a \$100,000 Contractual Integrity guarantee that this language achieves the highest standard of validity in practice (other than an RCT, which is impractical and which in an ERISA plan may not even be allowed under law) in the MSK field.



Limitations

Aware Health has indicated that absent sufficient organizational size and minimum participation, or absent access to (blinded) CPT/DRG data, they will be measuring using the industry standard participants-only metric. That overstates savings. (Editorial comment: The specific reason they want to use valid contractual language is not to overstate savings.)



Validation and Credibility Guarantee

Aware Health achieved validation for **Contractual Integrity**. Validation Institute is willing to provide up to a \$100,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit

<https://validationinstitute.com/credibility-guarantee/>

Program Validation

Program has strong evidence of significant impact on both patient outcomes and on medical costs. Evidence is assessed based upon the certainty it provides that the result is due to the program and not to other factors, such as recruiting people to participate in the program who are most likely to succeed.

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: February 2026

CERTIFICATE OF VALIDATION

Applicant: **Aware Health**
3559 Mt Diablo Blvd, Suite 151, Lafayette, California
94549, US

Product: Aware Health's Contract

Claim: Aware Health guarantees a reduction in the total of the following procedure codes/DRGs of _% across the organization over the three years of the contract. The "blank" will depend on the size of the organization.

Validation Achieved: **Validated for Contractual Integrity**

Award Date: February 2025

Al Lewis
Founder and CEO Emeritus
Validation Institute

Craig Sharpe
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.

