



ValidationInstitute

2024 Validation Report

Review for: CIBA Health
Validation Achieved: Outcomes
Valid through: July 2025



Company Profile



Category:	Disease Management
Website:	https://cibahealth.com/
Public or Private:	Private
Year Established:	2020
CEO:	Innocent Clement
Company contact:	careteam@cibahealth.com

Description Provided by the Company:

CIBA Health is revolutionizing the care and treatment of chronic and metabolic disease conditions, through a patient-centered, root cause approach and a value-based care delivery model. **CIBA Health** provides full spectrum integrated care and convenient access to multi-disciplinary care team, leveraging cutting edge technology to implement each patient's personalized and whole-person care treatment plan.





Claim Assertion for Validation

People who use CIBA Health programs have high completion rates, improve their blood glucose (HbA1c), and lose weight.



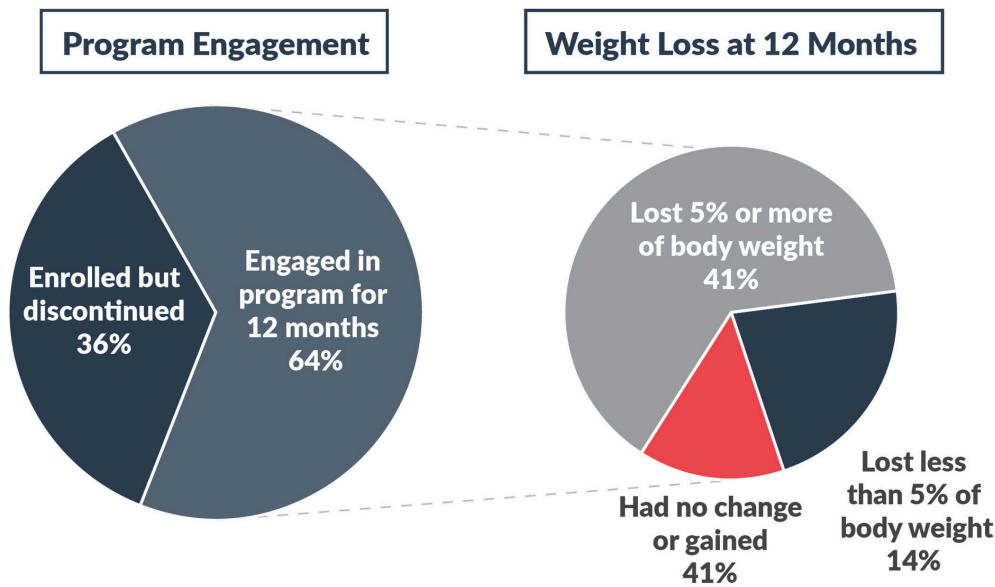
Method / Calculation / Examples

The engagement rates came from a group of 14,349 patients who enrolled in various CIBA Health programs. Engagement was measured by taking the number of people who completed the 12-month program as a percentage of those who initially enrolled.

Body weight data from the start of the program was compared to the end of the program for 9,208 people. For each person, the percent of body weight lost was calculated and then averaged for all. People were included in the calculation even if they had no weight change or gained weight.

Blood glucose was measured by the HbA1c test in 9,015 people at the start and at 12 months. The number of people whose results were normal (<5.7), pre-diabetes (5.7 – 6.4), and diabetes (6.5) was calculated. For people who started at or above 6.5, the portion who reduced their level by 0.5 or more was calculated.

Findings & Validation



Graph 1: Program Engagement and Weight Loss Results

Graph 1 summarizes the program engagement rate and the weight loss for those who engaged with the program for 12 months. Of the 14,349 who enrolled, 9,208 stayed with the program for 12 months; 41% lost 5 percent or more of their original body weight. The average weight loss was 8%. Treatment guidelines generally recommend that overweight or obese people lose five percent of their body weight to improve their health.

“Even a moderate 5% weight loss has considerable health benefits.”

(Magkos, et al 2016)

The study found decreased levels of these markers for heart disease and diabetes

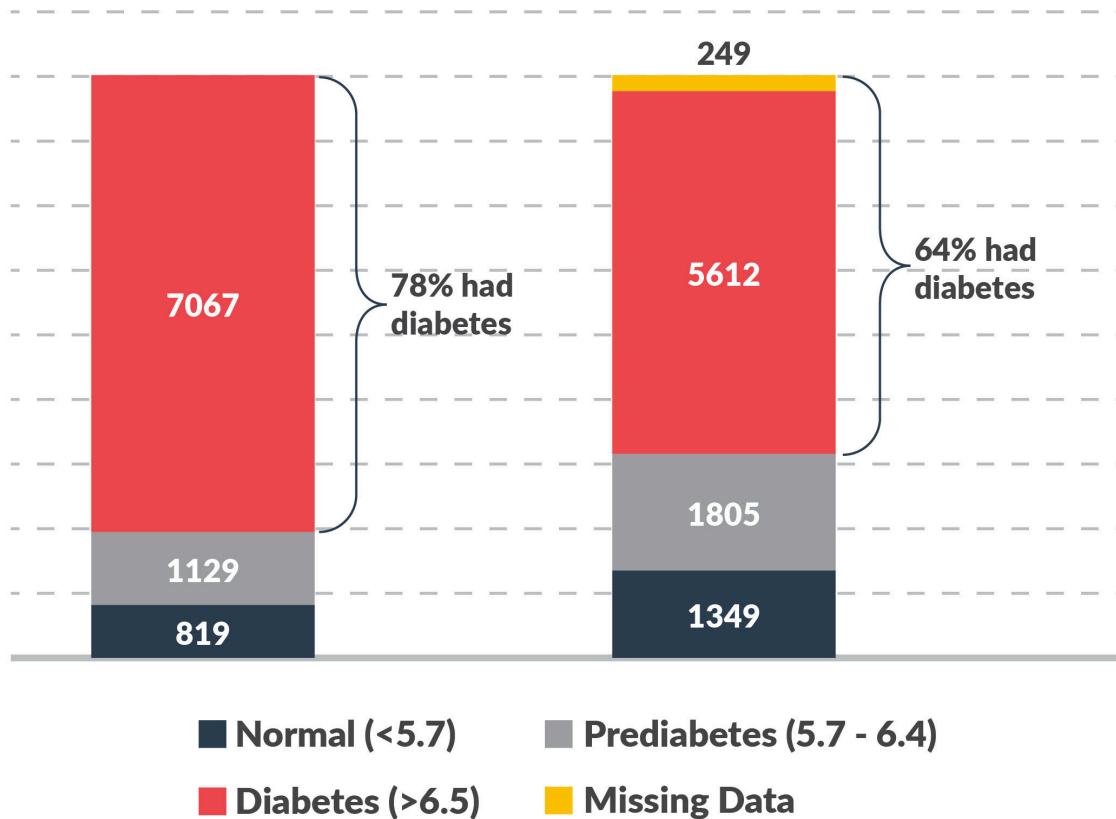
- glucose,
- insulin,
- triglycerides,
- leptin.

Reference:

Magkos F, F. G. (2016). Effects of Moderate and Subsequent Progressive Weight Loss on Metabolic Function and Adipose Tissue Biology in Humans with Obesity. *Cell Metab*, 591-601.



Findings & Validation



Graph 2: HbA1c Results at Program Start and End

At the beginning of the program 7,067 of 9,015 people (78%) had blood glucose at or above 6.5, which indicates diabetes; at the end, 64% were at or above 6.5 HbA1c. Of the people who had diabetes, half had improved their level by at least 0.5; even those who remained in the diabetes range, half had meaningful improvement in their blood glucose.



Limitations

People volunteered to enroll and stay engaged with the program. They may have traits that make them more likely to succeed. The program's ability to attract and keep people engaged, however, is strong evidence of its success.



Validation and Credibility Guarantee

CIBA Health achieved validation for **Outcomes**. 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>.

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.





CERTIFICATE OF VALIDATION

Applicant:	CIBA Health 1185 6th Ave 3rd Floor, Suite 332, New York, NY 10036
Product:	CIBA Health Programs
Claim:	People who use Ciba Health programs have high completion rates, improve their blood glucose (HbA1c), and lose weight
Validation Achieved:	Validated for Outcomes
Award Date:	July 2024

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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.