



ValidationInstitute

2024 Validation Report

Review for: HeyHealthy
Validation Achieved: Savings
Valid through: January 2025

Company Profile



Category:	Diabetes Management
Website:	https://heyhealthy.com
Public or Private:	Private
Year Established:	2019
CEO:	Arti Thangudu, MD
Company contact:	210-591-8649

Description provided by the company:

U.S. Healthcare Worsens Diabetes Crisis: Bad Care Leads to Costly Complications

The healthcare system in the US makes people with diabetes and hormonal problems even sicker. Diabetes is the most expensive long-term illness in the country, costing over \$327 billion every year. A big chunk of these costs comes from problems that could have been prevented, like complications from diabetes that are not taken care of properly early on.

Shortage of Specialists Leads to Preventable Complications for Diabetes and Hormonal Conditions, Costing Businesses

Seventy five percent of US counties do not have a single endocrinologist (diabetes, metabolism, and hormone specialist). Due to lack of access to optimal care due to long waitlists to get into endocrinology clinics, cursory



Company Profile

visits and lack of patient support, people with diabetes and other hormonal diseases do not get the care they need soon enough. Thus, people wind up with preventable complications from diabetes, metabolic and hormonal conditions. Complications of these conditions lead to expensive hospitalizations, surgeries, and treatments as well as significant time away from work, thus lost employee productivity. Since employers pay for employee health costs, sick employees are costly to businesses. In-hospital fees are rising exponentially and are the main drivers of rising healthcare costs. In-hospital fees are out of business' control. Thus, it is incumbent upon employers to keep their employees well, out of the hospital and productive at work.

HeyHealthy: Saving Businesses Time and Money with Expert Diabetes and Hormonal Care

HeyHealthy helps self-insured businesses who want to save money and time on employee healthcare by providing expert, accessible, supportive diabetes and hormonal care to employees so they can be healthy, stay out of the hospital and have renewed energy and productivity and thus incur fewer health-related costs for their employers.

The HeyHealthy program brings together physicians who are experts in treating diabetes, metabolism, and hormonal issues. They work closely with a health and nutrition coach who helps with things like eating well and





Company Profile

staying healthy. So, employees get both medical care from specialists and regular coaching to help them stay on track with their health goals.

The HeyHealthy program combines synchronous medical care by physicians board-certified in endocrinology, diabetes and metabolism in collaboration with bi-weekly health and nutrition coaching by a certified health & nutrition coach.

HeyHealthy is run by physicians who specialize in treating issues like diabetes and hormonal imbalances. They understand how the healthcare system often falls short for people with these conditions and the companies that pay for their care. HeyHealthy fixes these problems by offering top-notch care. They spend enough time with patients to really understand their needs. Plus, employees can see them through video calls, which saves time and is more convenient. This means employees can get help from home or work without waiting. HeyHealthy makes healthcare engaging, affordable, and easy to access. This helps employees get healthier, with lower blood sugar and weight. And when employees are healthier, they are happier and more productive. They take fewer sick days and do not end up with big hospital bills.





Claim Assertion for Validation

People who joined HeyHealthy's program improved their blood sugar levels, keeping them in a healthy range with fewer spikes and drops. Most participants also lost weight and got their cholesterol levels in a healthy range. They were happy with virtual care, like video calls with doctors, and most preferred virtual care over in-person visits.





Method / Calculation / Examples

One hundred sixty-five patients who had high blood sugar (HbA1c above 6.5%) started using the HeyHealthy program. When your HbA1c is above 6.5%, it means you have diabetes. But if it is below 6.5%, it means you don't have diabetes or your diabetes is under good control, which is better for your blood vessels and organs. The goal of the program was to help participants reach and keep their HbA1c level below 6.5%. They also worked on improving their blood cholesterol (LDL) levels and weight.

The participants were followed for an average of about 2.5 years, with the shortest time being 118 days and the longest 2,829 days. At the start of the program, their HbA1c, LDL, and weight were measured, and these measurements were compared to later results.

For blood sugar, they calculated how long it took for each person to reach below 6.5% HbA1c and found the average time for all participants. They also looked at how much each person's blood sugar varied (HbA1c-SD), and how much time they spent in the target range.

For LDL, they measured how long it took for each person to get their levels below 100 mg/dL and below 70 mg/dL. Then, they calculated the average time spent in the target range for all participants. They also checked how many participants had lost 5% of their starting weight by the end of the program, and what percentage of the patients achieved this weight loss goal.

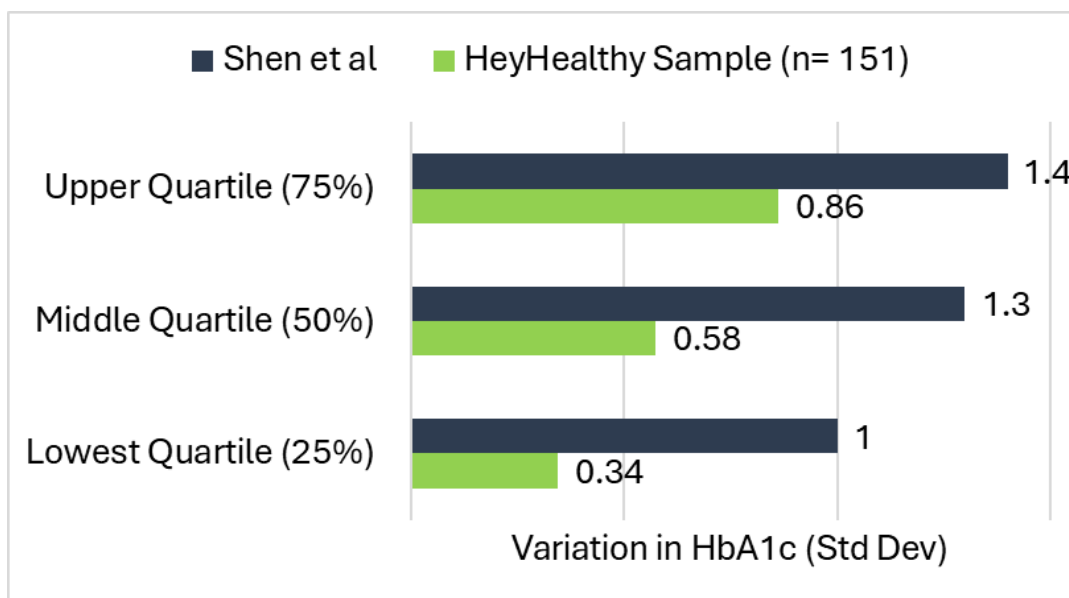
Finally, they summarized 41 responses to a patient satisfaction survey.



Findings & Validation

On average, it took participants about 4 months to lower their blood sugar by 2.058 percentage points to 6.5% or lower. Also, three-quarters of the participants had their blood sugar vary by 0.86% or less over the 2.5-year period. Having smaller ups and downs in blood sugar is linked to a lower risk of having a major heart-related problem like a heart attack, one of the costliest complications of diabetes.

Graph 1 shows that the variability in HbA1c results for HeyHealthy participants was smaller than in a general population of people with diabetes. This suggests that HeyHealthy patients had a lower risk of heart disease compared to the people in the study.

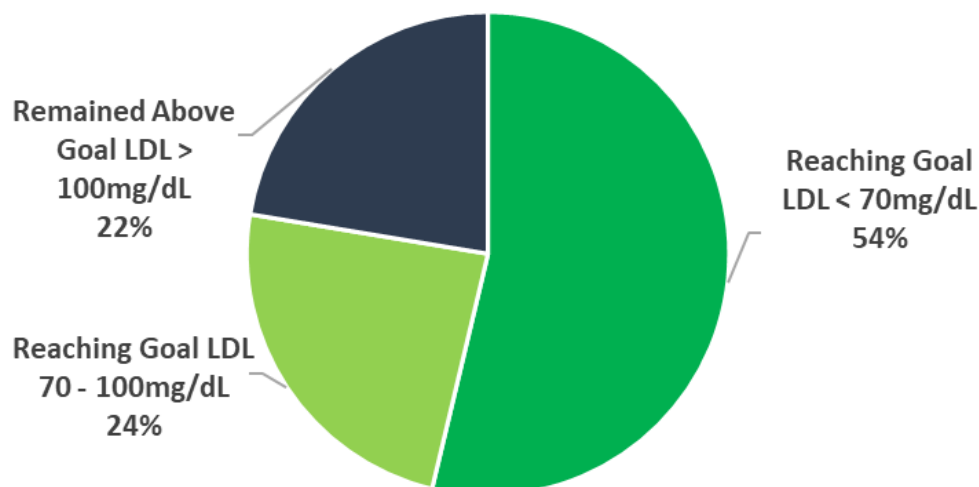


Graph 1: Variation in HbA1c results over time comparing HeyHealthy to a study population

Findings & Validation

A smaller group of 65 participants had really high blood sugar when they started, with an average HbA1c of 10.13%. Having an HbA1c level above 9% is extremely risky for diabetes complications. These participants worked hard and brought their A1c's down by an average of 3.16%. Nearly half of them, 28 out of 65, got their levels down to a much safer 6.5% or less.

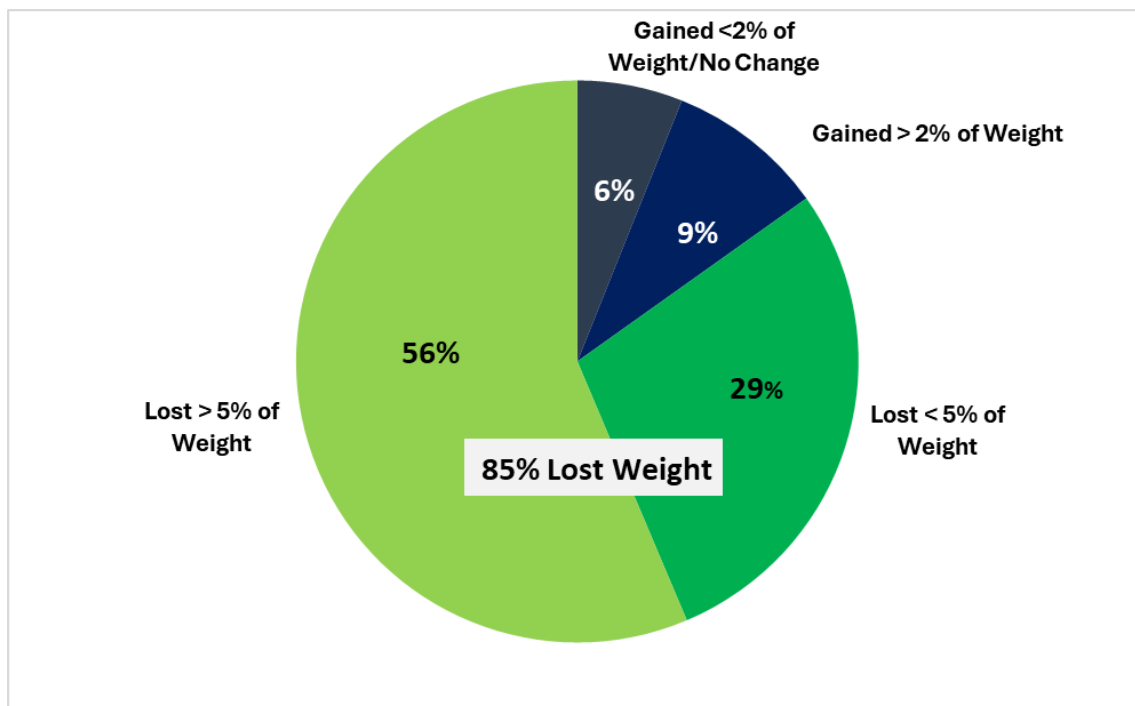
Lowering LDL, a type of cholesterol, helps lower the risk of heart disease, which is common in diabetes. The goal for people with diabetes is to have LDL below 100mg/dL. If they also have heart disease, the goal is even lower, below 70mg/dL. Out of 134 people tracked, 104 ended up with their cholesterol at 100 or lower, and 72 had it at or below 70. Some participants chose not to take the recommended cholesterol-lowering medications, and those who did not reach the goal LDL usually were those who did not want to take cholesterol-lowering medications.



Graph 2: Achievement of LDL Cholesterol Goals

Findings & Validation

Graph 3 shows how participants' weight changed. Losing weight is good for reducing health risks in diabetes. Most participants, 85%, lost some weight, and over half, 56%, lost at least 5% of their starting weight. Some lost weight but not quite 5%.



Graph 3: Weight Changes in Program Members

Out of the 41 patients who filled out a survey, 36 really liked or preferred the virtual visits. None of them were unhappy with the virtual visits.



Limitations

This analysis focuses on participants who voluntarily enrolled in the program. They may have traits that helped them achieve these results, which may not be present in similar patients who chose not to enroll.





Works Cited

1. Li F, Z. L. (2023). Higher glucose fluctuation is associated with a higher risk of cardiovascular disease: Insights from pooled results among patients with diabetes. *Diabetes*, 368-381.
2. Shen Y, Z. J.-H. (2021). Association between visit-to-visit HbA1c variability and the risk of cardiovascular disease in patients with type 2 diabetes. *Diabetes Obes Metab*, 125-135.





Validation and Credibility Guarantee

HeyHealthy's program has 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:

HeyHealthy

9595 Six Pines Dr Building 8, Suite 8210, The
Woodlands, TX, United States, 77380

Product:

HeyHealthy's Program

Claim:

People who participate in HeyHealthy's program achieve a healthy blood glucose range and have fewer ups and downs (less variability) in their blood glucose test results. A high percentage of participants lose weight and achieve healthy blood cholesterol levels. Patients enjoyed telemedicine.

Validation Achieved:

Validated for Outcomes

Award Date:

January 2024

Linda K. Riddell, MS
Chief Data Scientist
Validation Institute

Vidar Jorgensen
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.