



ValidationInstitute

2023 Validation Report

**Review for: Happy Whole Human
Validation Achieved: Outcomes
Valid through: July 2023**



Company Profile

Category:	Well-Being
Website:	happywholehuman.com
Year Established:	2013
CEO:	Dr. Lisa Leit
Company contact:	855-494-5483



Description:

Happy Whole Human (HWH) helps people help themselves with an online membership program that confidentially accesses 28 different aspects of a balanced life. The program then supplies innovative Do-It-Yourself tools and tele-coaching to empower members to improve areas that are in need of improvement. **HWH** validly and accurately measures participants' change in perceived personal and relationship health status.

Happy Whole Human empowers leaders with a validated turnkey wellness program to cut health care costs, offer a valuable benefit, and improve company culture using ongoing aggregate reports.





Claim Assertion for Validation

Happy Whole Human provides a self-assessment tool and, based upon the results, targeted support for 28 different wellness dimensions. Dimensions range from engagement at work to emotional wellness. Participants do re-assessments at set intervals. Exposure to the program strives to boost participants' scores on self-perceived health status, productivity, and turnover intention.





Method / Calculation / Examples

The wellness assessment included three validated questions for self-perceived health status, work productivity, and turnover intention. Thirty participants' scores were taken at baseline and at 12 weeks. Each participant's change in score was then calculated (correlated samples).





Findings & Validation

After 12 weeks, more participants strongly agreed that their health status was excellent though the change was not statistically significant. There was no change in workdays lost due to illness. There was a statistically significant increase in participants' intention to stay with their current employer.





Limitations

Different employers may have different results.





Validation and Credibility Guarantee

Happy Whole Human achieved validation for **Outcomes**. 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 moved the needle on 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: July 2023

CERTIFICATE OF VALIDATION

Applicant:

Happy Whole Human
7000 N. MoPacSte. 200
Austin, Texas, 78731

Product:

Online Membership Program

Claim:

The program will boost participants' scores on self-perceived health status, productivity, and turnover intention.

Validation Achieved:

Validated for Outcomes

Linda Riddell
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.

