



FoodMed  
CERTIFIED

## Season Health

# SEASON

Certification for:  
Outcomes  
Expires June 30, 2024



[www.foodmedcertified.com/](http://www.foodmedcertified.com/)

VALIDATION INSTITUTE, 250 First Avenue, Suite 301, Needham, MA 02494



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# Company Profile

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<b>Category:</b>	<b>Outcomes</b>
<b>Website:</b>	<a href="https://www.seasonhealth.com/">https://www.seasonhealth.com/</a>
<b>Public or Private:</b>	Private
<b>Year Established:</b>	2019
<b>CEO:</b>	Josh Hix
<b>Company contact:</b>	partnerships@seasonhealth.com

## Description Provided by the Company:

**Season Health** is the only integrated Food-as-Medicine Platform that drives engagement, health outcomes and total cost of care reduction for health plans and employers across populations. **Season's** holistic approach recognizes that addressing chronic conditions requires more than just access to healthy food—it requires ongoing support, nutrition and food education, culturally-sensitive care and access to affordable, nutritious food.

By combining evidence-based clinical care with access to affordable medically tailored meals and groceries, **Season** empowers individuals and their families to make informed, sustainable choices, measurably improving both health outcomes and quality of life.





# Claim Assertion for Validation

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Season Health members who have diabetes or pre-diabetes improve their blood glucose levels. People who have diabetes and lower their blood glucose (HbA1c test result) by 1% will also lower their health care costs (Lage MJ, 2020). In addition, a significant share of members who engage with the program stay engaged for 90 days.



# Method / Calculation / Examples

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Season Health reached out to eligible members via mailers, emails and phone calls; ultimately, 251 members engaged with a Registered Dietitian, exceeding the pilot recruitment target of 100 members.

Eligible members had a diagnosis of type 2 diabetes or pre-diabetes, were at least 18 years old, were able to speak and read English, had internet access, and were not already enrolled in another program for diabetes.

During the 90-day intervention, members met with Season Health Registered Dietitians (on average 3.2 times), participated in an accredited DSME program, and used Season's food marketplace platform and personalized nutrition prescriptions to procure medically tailored pre-made meals and groceries (on average, members ordered 12 meals per month). Additionally, members were given \$50 per month in credits to spend on healthy food via the Season platform.

The analysis of HbA1c results focused on 172 members who had diabetes and 51 members who had pre-diabetes, and for whom Season captured a baseline and final test. The person's HbA1c test results were tracked at the start of the program (baseline) and at 90 days.



## Method / Calculation / Examples

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For members with diabetes, the number of members who had at least a 0.5% decrease in HbA1c was counted, as this is the smallest change that makes a difference in a person's health status (Minimum Clinically Important Difference). In addition, the portion of people whose HbA1c was at an unhealthy level was also tracked.

For members with pre-diabetes, the portion of people whose blood glucose levels were above or below the threshold for pre-diabetes was tracked.

A total of 72 members with diabetes participated in Season's accredited diabetes self-management education program (ADCES) offered on the platform as part of diabetes care. Their average scores on quizzes were tracked from baseline to 90 days.

The number of people who took the initial step to schedule a meeting with a Season Health Registered Dietitian (RD) was tracked, as well as the number who attended the RD meeting, logged on to the platform, and stayed engaged for 90 days. (Note: The initial RD meeting confirmed the member's eligibility; so, some who scheduled a meeting might have been eliminated at this step.) Members were considered engaged if they performed one high-value activity on Season a month, including meeting with an RD, completing an educational module, submitting clinical values (e.g. lab results), or ordering food. The percentage of people retained was calculated at each step.

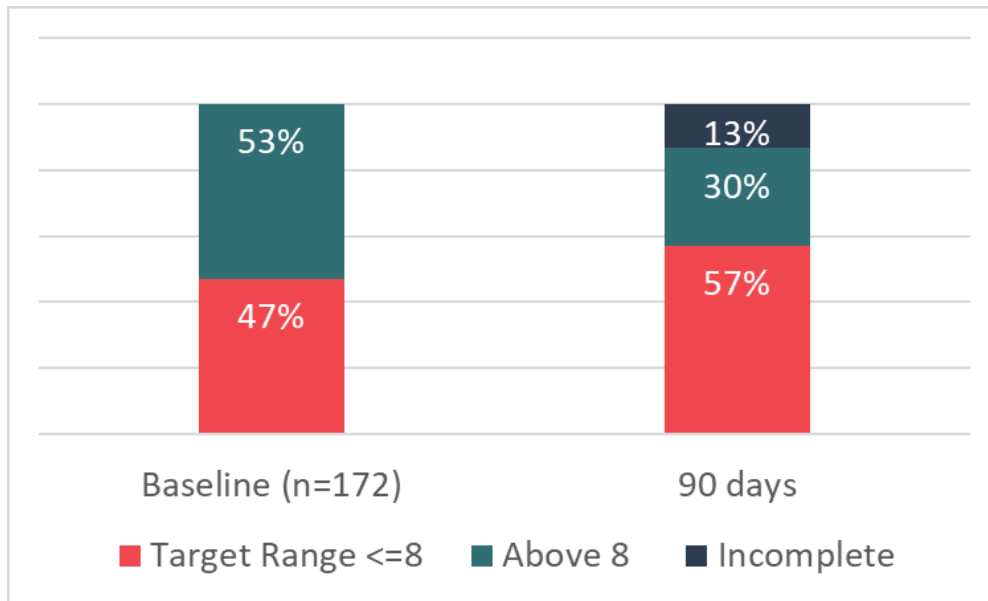
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# Findings & Validation

Graph 1 shows the proportion of members with diabetes whose blood glucose levels were at or above 8, and below 8 at baseline and at 90 days. The proportion of members at healthy levels (below 8) rose from 47% to 57%.



Graph 1: Members with Diabetes HbA1c Results at Baseline and 90 days

Members whose initial HbA1c was at or above 9 points (n = 32) lowered their level by an average of 1.8 points. Members whose baseline HbA1c was at or above 8 points (including the 32 members >=9 n = 58) lowered their level by an average of 1.3 points.

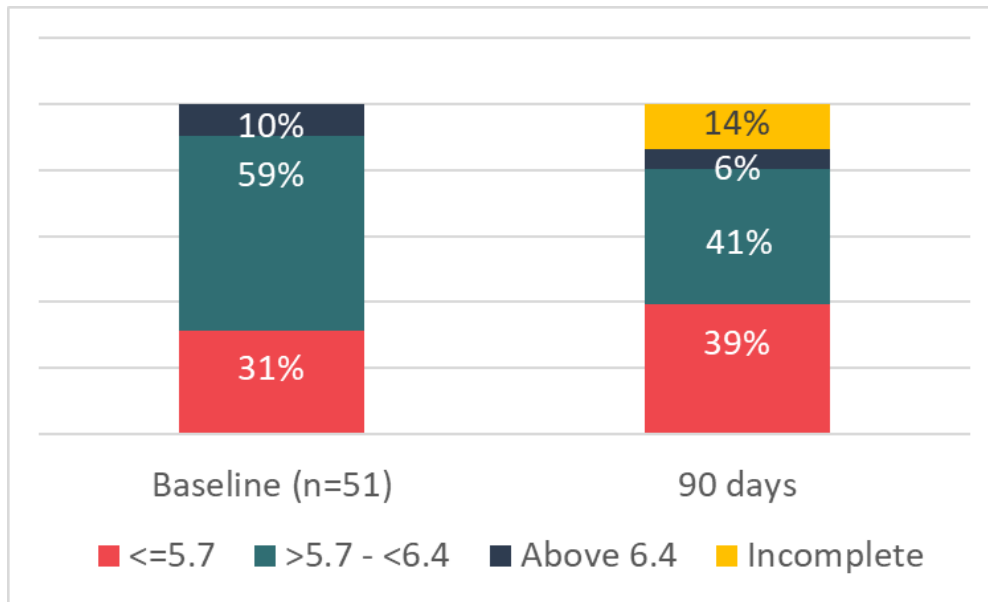
Thirty-eight percent of the members (55 members with diabetes and 2 members with pre-diabetes) improved their blood glucose levels by at least 0.5%, improving their health status. In addition, 23% of the members with diabetes had their level at or below 7 at baseline and remained at that level at 90 days.





# Findings & Validation

Graph 2 shows the results for members with pre-diabetes. At the start of the program, 31% of members' blood glucose levels were below 5.7, which is considered a healthy level. At 90 days, the portion below pre-diabetes levels had gone up to 39%.



Graph 2: Members with Pre-Diabetes HbA1c Results at Baseline and 90 days

Average quiz scores in the self-management education program were 88.8% at the start of the program and rose to 95.4% at 90 days. Greater knowledge of diabetes leads to better self-management of the disease by the member.

(Alexandre K, 2021)

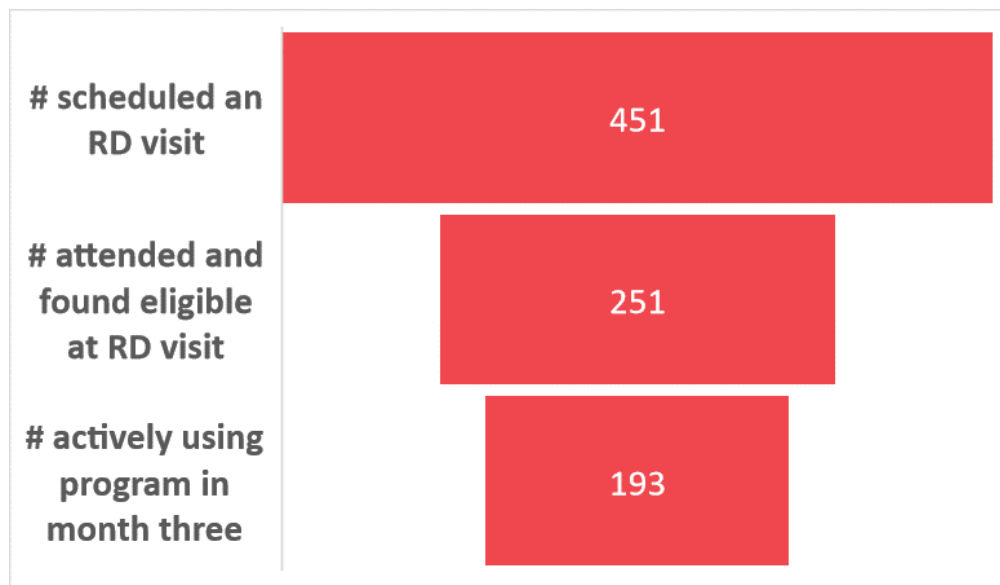






# Findings & Validation

Graph 3 summarizes the enrollment at three steps of the program: the number of members who set an appointment with Season Health’s Registered Dietitian; the number who attended the RD appointment and were found eligible; and the number who were still actively using the program in the third month after enrollment. The program retention from RD visit, where eligibility was confirmed, to the third month was 79%.



Graph 3: Program Retention at Three Stages





# Limitations

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This analysis focuses on members who may have traits that helped them achieve good results. It does not address how their results compare to similar non-members or to changes that would be expected even without a program.





## Works Cited

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Alexandre K, C. J.-B. (2021). Factors influencing diabetes self-management in adults: an umbrella review of systematic reviews. JBI Evid Synth.

Lage MJ, B. K. (2020). The relationship between HbA1c reduction and healthcare costs among patients with type 2 diabetes: evidence from a U.S. claims database. Curr Med Res Opin, 1441-1447.





# Validation and Credibility Guarantee

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**Season Health's Diabetes/ Pre-Diabetes Management** 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 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 Achievement

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### Diabetes/ Pre-diabetes Management

Certified Program

### Season Health

Austin, TX 78762, US

Company

### Certificate Level: Outcomes

Season Health members who have diabetes or pre-diabetes improve their blood glucose levels.

### September 2023

Award Date

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**Linda Riddell**  
**Chief Data Scientist**  
**Validation Institute**

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**Benny DiCecca**  
**Chief Executive Officer**  
**Validation Institute**



## About FoodMed Certified and Validation Institute

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**FoodMed Certified**, a Validation Institute (VI) program, vets and verifies the effectiveness of nutritional programs and tools that enable individuals and employers to manage their health and healthcare solutions. By leveraging VI's validation process for its Food is Medicine program, FoodMed Certified brings transparency to the market by delivering unbiased insights into effective nutritional programs. Validation Institute is a membership organization comprising healthcare vendors, benefits advisors, and managers that offers unbiased, data-driven insights on healthcare solutions and services to drive transparency and cost-savings.

This approach highlights the significance of utilizing data-driven solutions to bring about positive change and encourage healthy habits.

**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.

