



ValidationInstitute

2024 Validation Report

Review for: Somatus

Validation Achieved: Outcomes

Valid through: February 2025



Company Profile



Category:	Care Management
Website:	www.somatus.com
Public or Private:	Private
Year Established:	2016
CEO:	Ikenna Okezie, MD, MBA
Company contact:	571-992-0600

Description:

Somatus is the nation's leading and largest value-based kidney care company, focused on delivering personalized, in-person care to people with kidney disease. The company's vertically integrated clinical services and technology delay or prevent disease progression, improve quality and care coordination, and increase the use of home dialysis modalities and rates of kidney transplantation. Founded in 2016, **Somatus** has established value-based partnerships with leading nephrology and primary care groups, health plans, and health systems to provide integrated care, helping more patients with kidney disease live better lives.





Claim Assertion for Validation

Working with the Somatus Care Team, patients with kidney disease identify problems and set goals related to health status, functioning, behavior, coping, diet, exercise, and well-being. The Somatus Care Team helps patients overcome any barriers and take steps toward meeting their goals.

Patients who not only set but also worked with the Somatus Care Team to meet goals have a greater decrease in inpatient admissions.





Method / Calculation / Examples

A total of 18,192 patients with kidney disease engaged with the Somatus Care Management program to set at least one personalized goal. All patients included in the analysis had to remain eligible for Somatus Care Management for at least three months.

Examples of personalized goals include:

- Managing diet and fluid intake
- Medication adherence
- Avoiding acute hospitalizations or readmissions

Because some goals are longer- versus shorter-term, patients were counted as having met goals if the Somatus Care Team evaluated the goal as met and closed it, regardless of how long after the first goal was set.

Each patient's hospital admissions in the three months before setting their first goal was counted (the pre period); admissions in the three months afterward made up the post period. The rate of hospital admissions per thousand was calculated by taking the number of admissions, multiplying by 1,000, and dividing the product by the number of patients in the population.

The change in hospital admission rate per 1,000 patients was then compared between those who did versus did not meet their goals. Of the 18,192 patients, 15,319 (84%) met their goals.

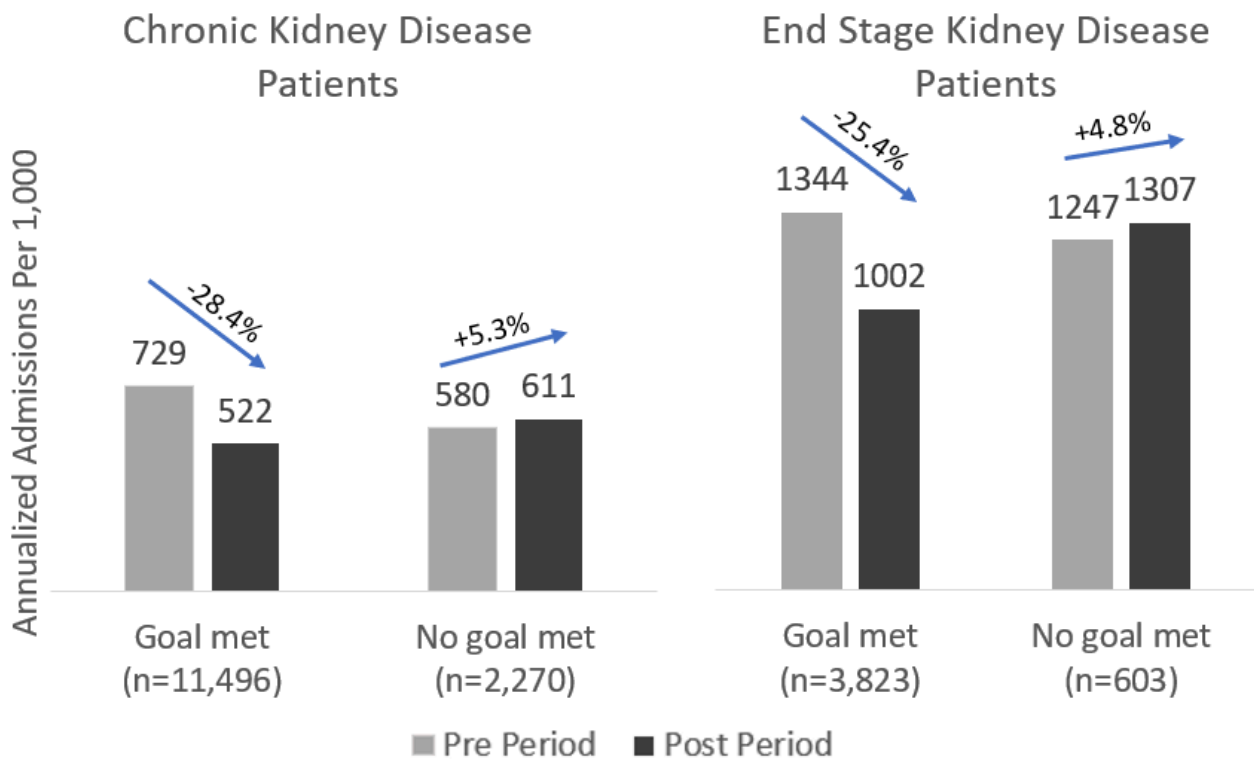
For this study, the timeframe of goals beginning ranged from January 2019 to February 2022.





Findings & Validation

Working with the Somatus Care Team, patients at all stages who met goals had an overall 27.6% decrease in hospital admissions per 1,000 patients, from three months before setting their first goal to three months afterward. Patients who did not meet any goals had a 5.0% increase in rate of hospital admissions. The graphs below show pre- and post-period annualized admission rates grouped by stage.



Stratifying by disease stage, direction and magnitude of pre- and post-period percent changes were nearly identical for CKD and ESKD, however ESKD patients have higher underlying risk. Note: Annualized admissions are reported.





Limitations

This is an observational study of a voluntary program. Patients have different needs, so Somatus' strategy individualizes care goals to help prevent avoidable hospital admissions. Those who met goals may have other traits that made them more likely to have a decrease in hospital admissions. Patient behavior and health status at the time of engagement and goal-setting may also affect program effectiveness.

The results are shown as annualized admissions per 1,000, based upon data from two three-month periods.





Validation and Credibility Guarantee

Somatus Care Management Program 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.





Validation Expiration: February 2025

CERTIFICATE OF VALIDATION

Applicant: **Somatus, Inc.**
1861 International Drive, Ste 600
McLean, VA 22102

Product: Care Management Program

Claim: Participants who set goals have their inpatient admissions decrease over a six-month period. Participants who not only set but also meet their goals have a greater decrease in inpatient admissions.

Validation Achieved: **Validated for Outcomes**

Award Date: February 2023

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.

