



ValidationInstitute

2023 Validation Report

Review for: ViMedicus

Validation Achieved: Outcomes

Valid through: October 2023



Company Profile



Category:	Behavioral Health
Website:	https://www.vicarehealth.com
Public or Private:	Private
Year Established:	2010
CEO:	Tom Churchwell
Company contact:	info@vimedicus.com
Description:	

ViMedicus was founded in 2010 on the belief that our healthcare system needed to radically change its approach towards individual health.

Our **ViCare**[®] program enables individuals to sustainably relieve anxiety, depression, and stress, reducing the cost of healthcare services for themselves and their employers.





Claim Assertion of Validation

People who use ViCare[®] services three or more times improve their ViScore, which reflects their self-efficacy. The share of users whose ViScore is 7 or higher will also significantly increase. ViCare[®] is for people who have anxiety, depression, and stress; it supports lifestyle change and sustainable treatment.





Method / Calculation / Examples

A total of 260 people had three or more interactions with ViCare[®]. At each interaction, they answered the question:

*On a scale from 1 (worst) to 10 (best) what is your current overall sense of well-being?
(This is all inclusive; physical, emotional, spiritual, etc.)*

Each person's ViScore from their first visit was compared to the median scores from all visits.

The count of people whose ViScores were at 7 or higher at baseline was compared to the count of people whose median ViScore were 7 or higher. These were calculated as a share of the total users. The difference between the baseline and the median of later scores was tested for statistical significance.





Findings & Validation

Table 1 summarizes the participants' change in ViScore from baseline (first visit) to the median of all of the scores reported during their participation.

Approximately 46% of participants with three or more visits improved their score by one or more points and 43% had no change in their score. In the time period of the scores, June 2019 to December 2023, maintaining a stable score was a positive sign; many people experienced worsening mental health while the pandemic restricted activity.

Score Change ^	# of participants ^^	% of total
-3	0	0%
-2	2	1%
-1	27	10%
0	111	43%
1	83	32%
2	24	9%
3	9	3%
4	3	1%
5	1	0%
	260	

^ Median of all scores minus baseline score

^^ Excludes people with <3 visits

Table 1





Findings & Validation

Chart 1 shows the portion of users whose ViScore was 7 or higher at baseline, and the portion whose median score was 7 or higher after (and including) the baseline score. The difference between the portion at baseline and the portion after participation was statistically significant ($p < 0.0034$); that is, a significantly greater portion reached the 7 plus score range as they participated in the program.

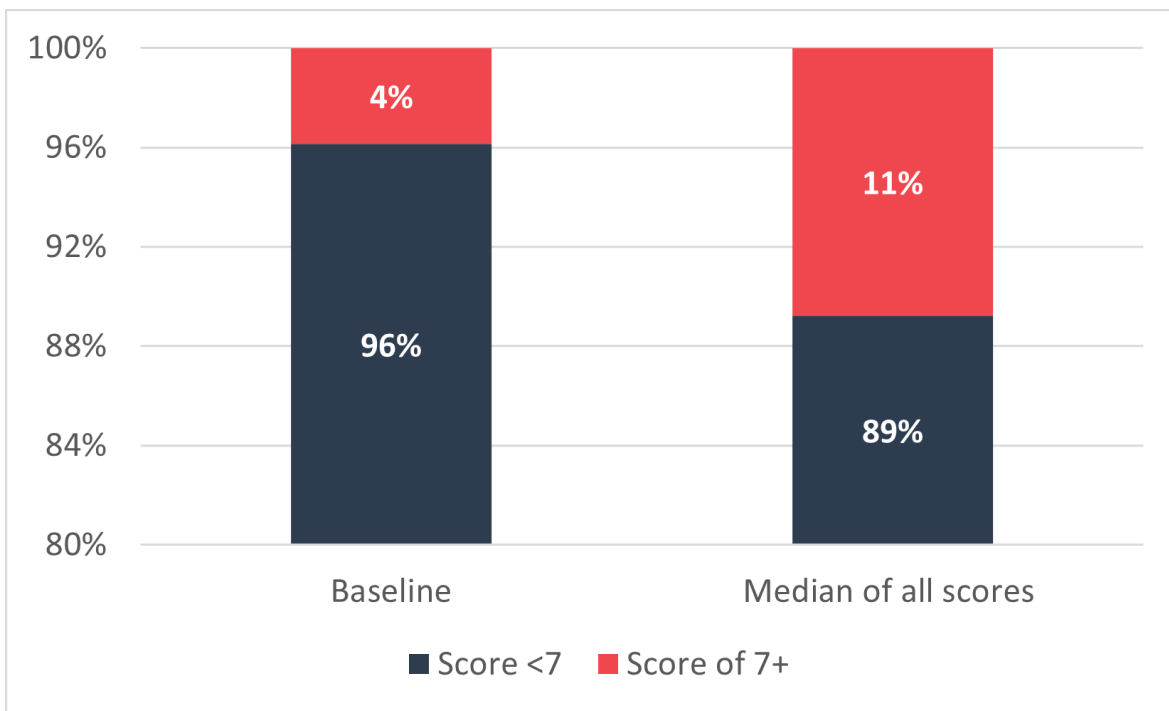


Chart 1: Portion of Users at 7+ VI Score at baseline and after participation





Limitations

The survey question itself has not been tested and validated to elicit consistent, reliable responses.

However, the survey question is crafted based on the concepts of Self-Determination theory. Self-Determination Theory (SDT) is a psychological theory developed by Edward L. Deci and Richard M. Ryan in the 1980s that focuses on human motivation, personality development, and well-being.

SDT-based intervention has found to be effective in improving behavior change in diabetes(carter et al 2023), physical activity and eating behavior (Fernandez et al 2023), dental care (Mesbahl et al 2023) and numerous other health conditions that impact individual life performance.





Validation and Credibility Guarantee

ViMedicus' ViCare® 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: October 2023

CERTIFICATE OF VALIDATION

Applicant: **ViMedicus**
222 W Merchandise Mart, Suite #1230, Chicago IL
60660

Product: ViCare®

Claim: People who use ViCare® services three or more times improve their ViScore, which reflects their self efficacy. The share of users whose ViScore is 7 or higher will also significantly increase.

Validation Achieved: **Validated for Savings**

Award Date: April 2023

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.

