



ValidationInstitute

2023 Validation Report

Review for: Vori Health
Validation Achieved: Outcomes
Valid through: September 2023



Company Profile



vori health

Category:	Musculoskeletal Management
Website:	https://www.vorihealth.com/
Public or Private:	Private
Year Established:	2020
CEO:	Ryan Grant
Company contact:	Hello@vorihealth.com

Description:

Vori Health is an all-inclusive medical practice using a holistic, integrated approach starting with musculoskeletal care. The organization offers full service physical medicine and rehabilitation and sports medicine physician medical care, physical therapy, prescriptions, imaging & lab ordering, health coaching, registered dietitian nutritional guidance, community support and premium instructional content. The team consists of carefully selected, board-certified/licensed clinicians, and provides services that are accessible at the click of a button from the comfort and convenience of a patient's home. **Vori Health** is different from other virtual companies which offer limited services such as only physical therapy, home exercise programs with health coaching, or physician consultations. They believe a fully integrated approach leveraging the skills of many healthcare professions is optimal to help members on their journey towards wellness.





Company Profile

Vori Health was established to deliver a truly elevated, human-centered, patient care experience through multidisciplinary care teams, cutting-edge technology, premium content, and community support.





Claim Assertion for Validation

People who use Vori's telemedicine interdisciplinary care program for low back pain are less likely to use imaging (x-ray and MRI), surgery, or injection services than similar patients. In addition, Vori program participants reduce their level of pain and improved their physical and mental health.



Method / Calculation / Examples

A group of 36 patients who had treatment for low back pain were analyzed. Duration of pain was greater than one year in 28 (77.8%) of patients. Only 13 patients had no prior treatment for their low back pain. Prior treatments in the other patients included surgery (16.7%), injection (16.7%), chiropractic care (19.4%) and physical therapy (25%).

The percentage of patients who used injections or surgery was calculated. These rates were compared to published data about low back pain patients. Patients rated their pain on the Numeric Pain Rating Scale (NPRS) at their first appointment, at 30 days, and when they finished treatment. The pain scores were averaged for each time point. The change in scores was compared to the minimum change that is meaningful for a person's health status (Minimum Clinically Important Difference or MCID).

Patients rated their health status using PROMIS-10 which was then calculated for the subcategories of mental global health and physical global health. These scores were collected at their first appointment and when treatment was complete.



Findings & Validation

Table 1 summarizes the portion of Vori patients who received injections or had surgery and the portion of low back pain patients from a published study (Naidu et al, 2022).

	Vori	Multi-disciplinary Care ^	Usual Care ^
Injections	11.1%	19.2%	10.1%
Surgery	2.8%	6.4%	13.0%

^ Naidu, I.; Ryvlin, J.; Videlefsky, D.; Qin, J.; Mowrey, W.B.; Choi, J.H.; Citron, C.; Gary, J.; Benton, J.A.; Weiss, B.T.; et al. The Effect of a Multidisciplinary Spine Clinic on Time to Care in Patients with Chronic Back and/or Leg Pain: A Propensity Score-Matched Analysis. J. Clin. Med. 2022, 11, 2583. [https://doi.org/ 10.3390/jcm11092583](https://doi.org/10.3390/jcm11092583)

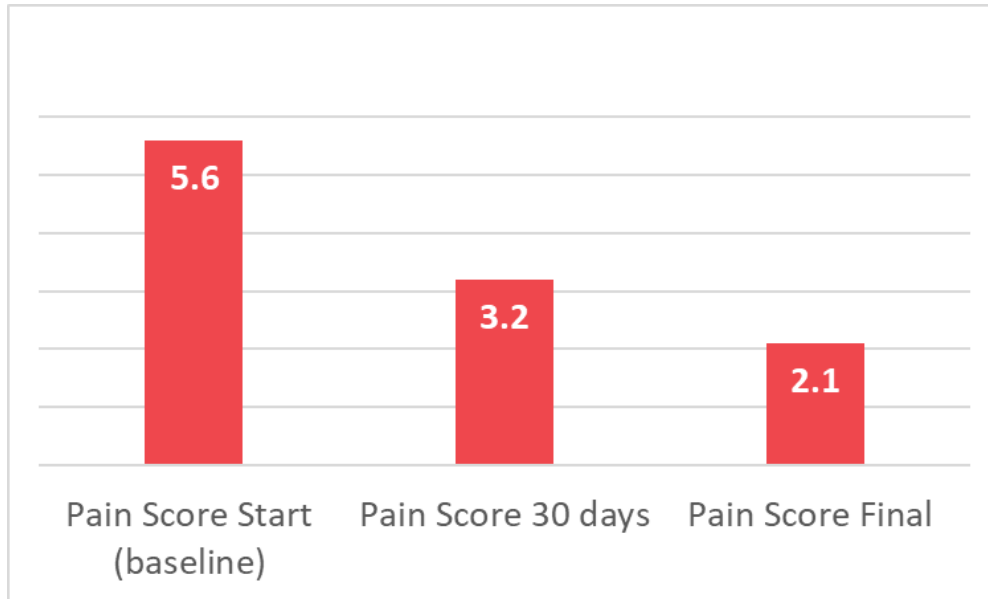
Table 1: Vori Patients Use of Injections or Surgery vs. Others

The average pain level at the patients’ first assessment was 5.6 (on a scale of 0 to 10). At 30 days, the average pain level had decreased to 3.3, and at the final scoring, the average had further decreased to 2.1. See Graph 1.A change of 2 is meaningful for a patient’s pain. So, the program created meaningful improvement in patients’ pain. Overall, 91.6% of patients had improvement in pain and none had their pain worsen.





Findings & Validation



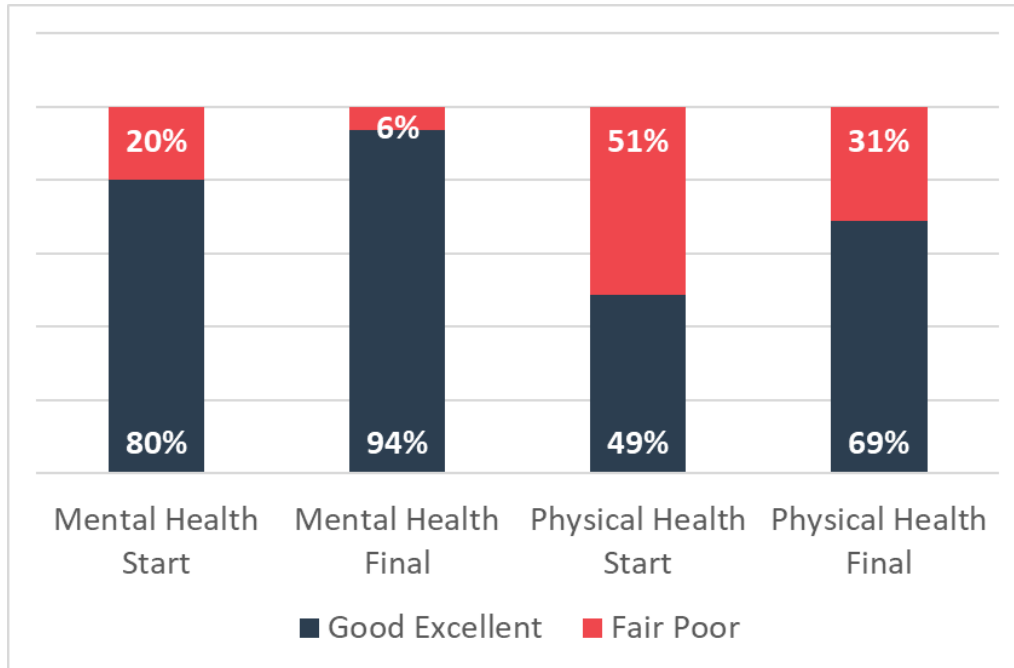
Graph 1: Vori Patients Average Pain Score at start, 30 days and final

More patients reported their physical and mental health as “excellent” and “good” at the end of treatment than had at the start. At the final scoring of the PROMIS 10 survey, 68% of patients rated their physical health as excellent or good (compared to 49% at the start) and 94% rated their mental health as excellent or good (compared to 80% at the start). See Graph 2.





Findings & Validation



Graph 2: PROMIS 10 MH and PROMIS 10 PH scores





Limitations

The group of low back pain patients used for comparison (Naidu et al study) differed from the Vori group of patients. Of the Vori patients 64% had previously received care for low back pain (injection, surgery, chiropractic care, physical therapy) and 77.8% had symptoms for over one year. The comparator group presented to a spine surgeon for evaluation of back and/or leg pain without care from a spine specialist at that same institution in the preceding 12 months. While the comparator group may have had physical therapy and chiropractic treatments, it is highly unlikely that surgery or injections were performed. Thus, the Vori group were more complex patients with longer duration of symptoms than the comparator group.

Given the differences in patient cohorts, the Vori group might be expected to have higher rates of injections and surgeries than the new-to-specialists patients in the comparator group. Vori patients had, however, lower rates of surgery than new low back pain patients receiving usual care (evaluation by a spine surgeon) or receiving care from a multi-disciplinary team (surgeon/pain physician/PMR), along with improved pain score results, showing the success of Vori's program.





Validation and Credibility Guarantee

Vori Health low back pain 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: September 2023

CERTIFICATE OF VALIDATION

Applicant:	Vori Health New York, NY
Product:	Vori Health's low back pain program
Claim:	People who use Vori's telemedicine interdisciplinary care program for low back pain are less likely to use imaging (x-ray and MRI), surgery, or injection services than similar patients. In addition, Vori program participants reduce their level of pain and improve their mental and physical health status.
Validation Achieved:	Validated for Outcomes
Award Date:	January 2023

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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.