



ValidationInstitute

2023 Validation Report

Review for: Retro Health

Validation Achieved: Outcomes

Valid through: July 2024



Company Profile

Category:	Disease Management
Website:	http://www.retrohealth.com/
Public or Private:	Private
Year Established:	2017
Chief Medical Officer:	Cynthia A. Garcia, M.D.
Company contact:	george.brown@retrohealth.com
Description:	

Retro Health identifies companies' high risk/high cost members and drives utilization and compliance in order to improve long term health and patient outcomes. They build relationships and develop trust between employees, providers, and employers through high-touch, evidenced-based medicine and navigating the appropriate level of care. Our client data reflects a reduction in hospitalizations and ER visits, effectively reducing health care cost.



Claim Assertion of Validation

Groups using Retro Health's Disease Management services for diabetes and hypertension decrease their emergency room visits for those conditions and have lower rates of ER visits per 1,000 members than similar employers . In addition, Retro Health's groups had lower hospital admissions per 1,000 members than a national benchmark.





Method / Calculation / Examples

The analysis gathered the Emergency Room visits for approximately 1,600 adult health plan members for the years 2020, 2021, and 2022. Visits that had diabetes as the first (primary) diagnosis were counted as diabetes-related visits. The same approach was used for hypertension ER visits. The rate of visits per 1,000 adult members was calculated for each year.

Diabetes- and hypertension-related ER visits were also counted for the same time periods for more than 100,000 adult members whose claims were included in the database. The same rate calculation was performed for this group.

The Retro Health groups' percentage change from 2020 to 2021, and 2021 to 2022 was compared to the annual change for employers in the database.

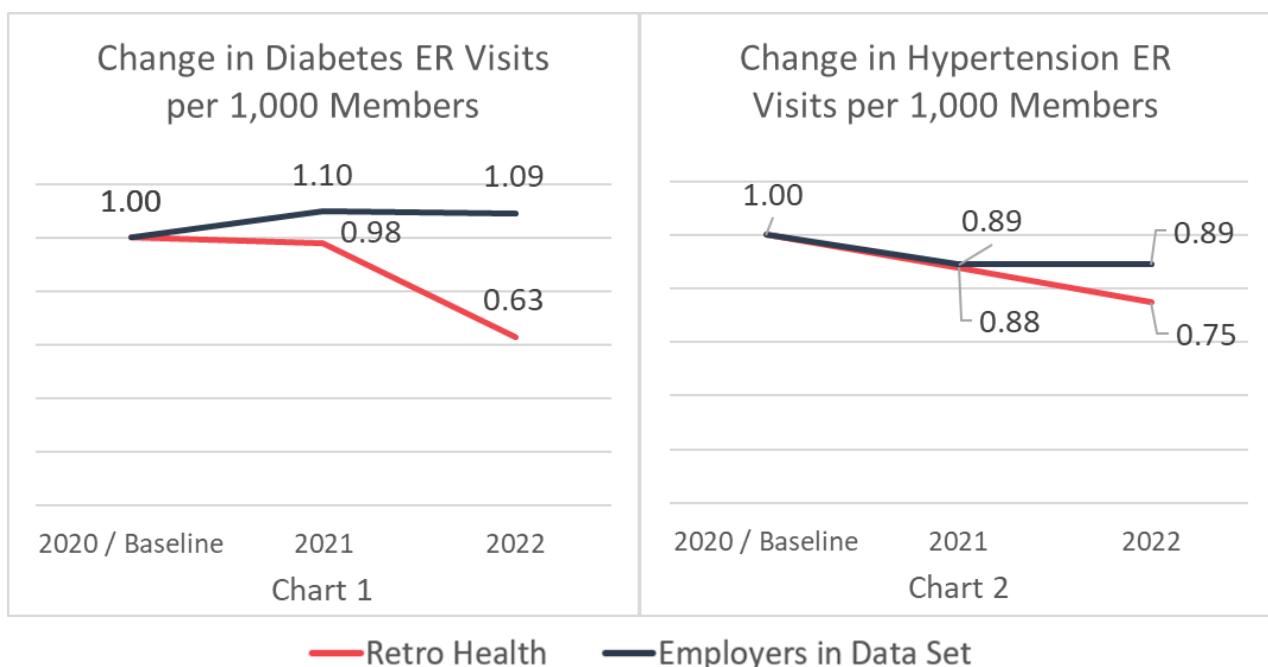
Hospital admissions were counted for the same time periods, as well as members. The rate of hospital admissions was calculated per 1,000 members. A benchmark for working age groups' hospital admissions per 1,000 people was taken from Health Care Cost Institute. (Biniek, Martin, & Hargraves, 2020).



Findings & Validation

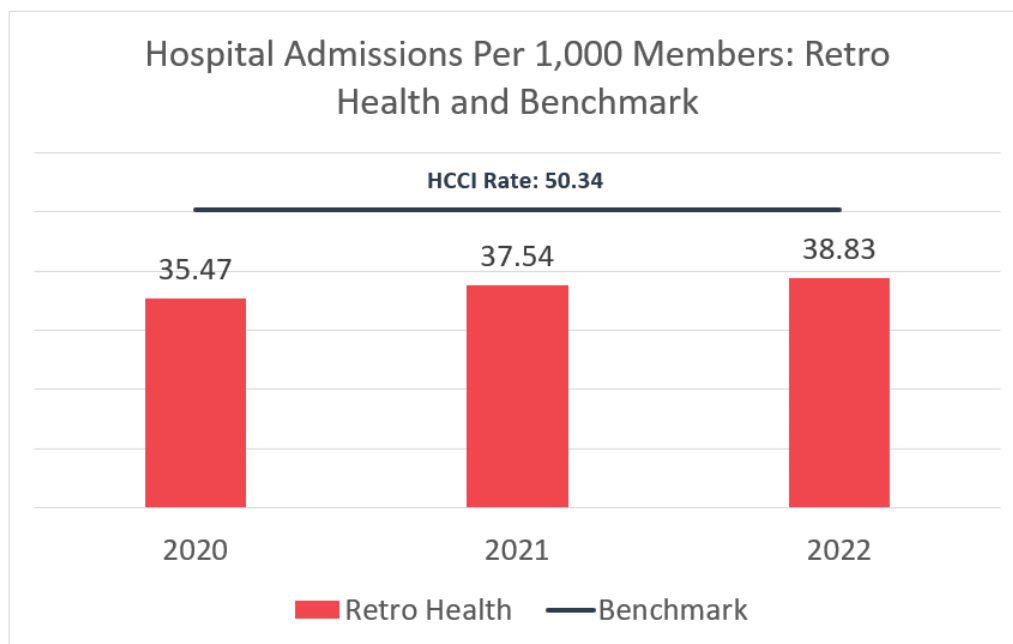
Charts 1 and 2 show Retro Health groups' change in diabetes- and hypertension-related Emergency Room visits along with the change for employers included in the data set. The year 2020 is shown as a baseline with both Retro Health and the other employers set at 1.0. Diabetes visits for Retro Health groups slightly decreased in 2021, while other employer groups saw an increase. Retro Health groups had a larger decrease from 2021 to 2022; in contrast, other employer groups rates stayed almost the same.

Retro Health groups and other employer groups had a similar decline in hypertension-related ER visits from 2020 to 2021. The following year, Retro Health groups' rate declined further. Other employer groups did not have a decrease in visits in 2022.



Findings & Validation

The graph below shows hospital admissions per 1,000 members for 2020, 2021, and 2022 for Retro Health's groups and the benchmark rate. Retro Health's admission rate was 23 to 29% lower than the benchmark in the time periods .



Limitations

Retro Health group's traits, such as the mix of male and female members, may differ from the other employer groups. This or other traits not analyzed could contribute to the lower frequency of emergency room care.



Works Cited

Binieck, J. F., Martin, K., & Hargraves, J. (2020). Compared to What? Baseline Understanding of the Distribution of Hospital Care. HCCI.





Validation and Credibility Guarantee

Retro Health's Disease 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.





Validation Expiration: July 2024

CERTIFICATE OF VALIDATION

Applicant: **Retro Health**
1001 S. Mays, Ste 205, Round Rock, TX 78664

Product: Disease Management

Claim: Groups using Retro Health's Disease Management services for diabetes and hypertension decrease their emergency room visits for those conditions and have lower rates of ER visits per 1,000 members than similar employers.

Validation Achieved: **Validated for Outcomes**

Award Date: May 2023

Linda Riddell
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Validation Institute

Benny DiCecca
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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.