



**Validation**Institute

# 2020 Validation Report

**Review for: Happy Whole Human  
Valid through March 2021**



# Company Profile

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<b>Category:</b>	Well-Being
<b>Website:</b>	<a href="http://happywholehuman.com">happywholehuman.com</a>
<b>Year Established:</b>	2013
<b>CEO:</b>	Dr. Lisa Leit
<b>Company contact:</b>	855-494-5483



## Description:

**Happy Whole Human (HWH)** helps people help themselves with an online membership program that confidentially accesses 28 different aspects of a balanced life. The program then supplies innovative Do-It-Yourself tools and tele-coaching to empower members to improve areas that are in need of improvement. **HWH** validly and accurately measures participants' change in perceived personal and relationship health status.

**Happy Whole Human** empowers leaders with a validated turnkey wellness program to cut health care costs, offer a valuable benefit, and improve company culture using ongoing aggregate reports.





# Claim Assertion for Validation

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**Happy Whole Human** provides a self-assessment tool and, based upon the results, targeted support for 28 different wellness dimensions. Dimensions range from engagement at work to emotional wellness. Participants do re-assessments at set intervals. Exposure to the program strives to boost participants' scores on self-perceived health status, productivity, and turnover intention.





## Method / Calculation / Examples

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The wellness assessment included three validated questions for self-perceived health status, work productivity, and turnover intention. Thirty participants' scores were taken at baseline and at 12 weeks. Each participant's change in score was then calculated (correlated samples).





## Findings & Validation

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After 12 weeks, more participants strongly agreed that their health status was excellent though the change was not statistically significant. There was no change in workdays lost due to illness. There was a statistically significant increase in participants' intention to stay with their current employer.





# Validation and Credibility Guarantee

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**Happy Whole Human** achieved level 2 validation for Outcomes. Validation Institute is confident that **Happy Whole Human** performs as they state they are willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program\*.

## Level 1 - Savings

Can produce a reduction of health care spend including the cost of the provider. Product/solution has produced, and replicated a lower cost for healthcare overall or a specific component of healthcare

## Level 2 - Outcomes

Product/solution has measurably “moved the needle” on an outcome (risk, hba1c, events, employee retention, etc.) of importance.

## Level 3 - Metrics

Claim is made that – with sourced, overridable assumptions linked to peer-reviewed or government sources

## Level 4 - Contractual Integrity

No outcomes or savings has been shown, but vendor is willing to put a part of their fees “at risk” as a guarantee





# Limitations

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Different employers may have different results.





**Validation Expiration: March 2021**

# CERTIFICATE OF VALIDATION

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**Applicant:**

**Happy Whole Human**  
7000 N. MoPacSte. 200  
Austin, Texas, 78731

**Product:**

Online Membership Program

**Claim:**

The program will boost participants' scores on self-perceived health status, productivity, and turnover intention.

**Validation Achieved:**

Level 2 – Validated for Outcomes

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**Linda Riddell**  
**VP, Population Health Scientist**  
**Validation Institute**

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







# About Validation Institute

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**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 healthcare.

To strengthen our offering and provide additional credibility around our service, the **Validation Institute** recently announced a Credibility Guarantee\* that offers customers of validated solution providers up to a \$25,000 guarantee. This guarantee confirms that a validated solution provider will, achieve what the validation language on a marketing claim says it will achieve.

