



**Validation**Institute

# 2020 Validation Report

**Review for: Vera Whole Health**  
**Valid through September 2021**



# Company Profile

---

<b>Category:</b>	Primary Care
<b>Website:</b>	<a href="http://verawholehealth.com">verawholehealth.com</a>
<b>Public or Private:</b>	Private
<b>Year Established:</b>	2008
<b>CEO:</b>	Ryan Schmid
<b>Company contact:</b>	info@verawholehealth.com



## Description:

**Vera Whole Health** is at the vanguard of a health revolution and a national leader in advanced primary care. **Vera Whole Health's** model is uniquely designed to help people achieve optimum social, psychological, and physical well-being -- an outcome that's neither probable nor affordable within the current sick-care system.





# Claim Assertion for Validation

---

The **Vera Whole Health** advance primary care solution strives to improve performance of patient care quality measures. The program encourages use of preventive services, as well as longer appointment times to allow more patient-provider interaction. In addition, the care teams uses registries to identify patients with gaps in care or at higher risk for illness.

The goal was to improve performance on HEDIS and CMS Star quality measures over a four-year period. Measures addressed medication adherence for heart disease, hypertension, diabetes, and laboratory values for hypertension and diabetes patients.





# Method / Calculation / Examples

---

Seven quality measures were selected:

- **Statin drugs:**
  - Percentage of patients with an ASCVD diagnosis who were on statin therapy
  - Percentage of patients with an elevated cardiovascular risk who were on statin therapy
  - Percentage of patients with at least one (1) filled prescription for statins who filled enough prescriptions to cover 80% of the days
- **Hypertension management:**
  - Patients who had two (2) or more diagnoses of high blood pressure whose pressures were lower than 140/90 within 12 months
  - Patients with at least one (1) filled prescription for hypertension drugs who filled enough prescriptions to cover 80% of the days
- **Diabetes:**
  - Percentage of patients with two (2) diagnoses of diabetes or one (1) medication in 24 months whose A1c result within 12 months was less than 9.0
  - Patients with at least one (1) filled prescription for a diabetic drug who filled enough prescriptions to cover 80% of the days.



Data was collected from the care center's patient health records, medical, and pharmacy claims. The patient population includes all patients who received care from the care center; numbers varied by diagnosis group.

Statistical significance was evaluated using the z score test for comparing two (2) population proportions if n was  $> 30$ . In cases where n was  $< 30$ , the chi-square test was used.

# Findings & Validation

Table one below summarizes the findings. In Year four , compliance for all clinical quality measures was higher than baseline or year one and was significant for both Hypertension and Diabetes Care Management metrics.

Compared to all plan members, members who had at least one visit in 36 months had more improvement in five of the seven measures and less improvement in two measures. The difference between those with a visit and those without was significant for two measures: achieving blood pressure below 140/90 and having A1c test results less than 9.0. (Data not shown.)

**Table 1: Care Center Eligible Population Compliance in Years 1 and 4**

Care Center Eligible Population Clinical Quality Measure Compliance at Year 4 and Baseline					
Clinical Quality Measure	Baseline (2015)	Year 1 (2016)	Year 4 (2019)	Difference	Statistically Significant?
1. ASCVD Statin Compliance	35.0% (n=40)		62.5% (n=40)	+27.5%	No
2. CVR Statin Compliance	Not Available	34.8% (n=23)	54.8% (n=84)	+20.0%	No
3. Hypertension Care Management	10.6% (n=791)		44.4% (n=676)	+33.8%	Yes
4. Hypertension Medication Adherence	78.6% (n=491)		82.3% (n=547)	+3.7%	No
5. Statin Medication Adherence	81.6% (n=408)		84.1% (n=434)	+2.5%	No
6. Diabetes Care Management	1.8% (n=55)		53.2% (n=220)	+51.4%	Yes
7. Diabetes Medication Adherence	68.1% (n=182)		76.1% (n=213)	+8.0%	No



# Validation and Credibility Guarantee

---

**Vera Whole Health** achieved level 2 validation for Outcomes. Validation Institute is confident that **Vera Whole Health** 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

---

This was not a cohort study using a controlled group, but rather looked at trends within a generally defined population subject to churn over time based on health plan enrollment.





**Validation Expiration:** September 2021

# CERTIFICATE OF VALIDATION

---

**Applicant:**

**Vera Whole Health**

1511 6th Ave., Ste. 260

Seattle, Washington, 98101

**Product:**

**Advance Primary Care Solution**

**Claim:**

Improve performance on HEDIS and CMS star quality measures over a four-year period

**Validation Achieved:**

**Level 3 - Validated for Metrics**

---

**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 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.

