

## Validation Institute certifies study results demonstrating 3.6:1 return on well-being investment

New York, NY – ActiveHealth, a health care company that delivers well-being and medical management solutions to employers, governments and health plans, announces the third-party validation of a cost savings study<sup>1</sup> demonstrating a 3.6:1 return-on-investment for year 2 of their solution. The results were primarily driven by a 20% reduction in inpatient costs for identified members resulting in medical costs savings of \$27.49 per identified member per month.

Validation Institute is an independent, objective, third-party organization that applies measurement standards and plausibility tests to clinical and financial results published by health care vendors. Their goal is to make it easier for purchasers to make confident and informed decisions.

“We are committed to making it easier for employers to identify and work with high performance solution providers,” said Sue Morrell, General Manager at Validation Institute. “We are pleased to announce that ActiveHealth’s well-being solution has completed our rigorous validation process to achieve a level 1 savings validation.”

The validated study was a non-randomized, intent-to-treat, retrospective cohort study with a study group of 14,077 commercial members identified for the program in 2018 and 2019 and a control group of 37,840 commercial members without the solution but who met the identification criteria. The statistical significance threshold used was  $p \leq .1$ .

“Well-being is about supporting all members, not only those who are already engaged in their health,” said Dr. Mohamed Diab, CEO of ActiveHealth. “Our work with at-risk, vulnerable members makes results like these possible.”

**About ActiveHealth:** ActiveHealth® can measurably improve health outcomes for all members, especially those who are vulnerable and more difficult to engage. Highly personalized experiences help members articulate a vision for their health, identify and close gaps in care and achieve short- and long-term health goals. By engaging and motivating those at greatest risk, we are uniquely able to reduce the cost of care. Our well-being solutions offer digital and live coaching. We cover 10 lifestyle focus areas, such as stress and weight management. And we offer support for 19 chronic conditions, including diabetes, heart disease and chronic kidney disease. Our medical management solutions include care management and utilization management. We work with self-insured employers, state and local governments, health plans and third-party administrators. Our strategic, collaborative approach leads to strong relationships with our clients. The average contract length is over six years, and our Net Promoter Score is 76.7.

**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. They connect, train and certify health care purchasers, and they 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.

<sup>1</sup>Lifestyle and Condition Coaching year two follow-up study (October 2020). Because the benefits, programs, services, member incentives, list prices and reimbursement rates vary significantly among health plans, the impact and total savings related to the Lifestyle and Condition Coaching program may vary by plan, and implementation of the program with a particular plan may not result in total cost savings or similar results.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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