



ValidationInstitute

2021 Validation Report

Review for: Happy Whole Human
Valid through March 2022



Company Profile

Category:	Well-Being
Website:	happywholehuman.com
Year Established:	2013
CEO:	Dr. Lisa Leit
Company contact:	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

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

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

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

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

Different employers may have different results.





Validation Expiration: March 2022

CERTIFICATE OF VALIDATION

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

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.

