



ValidationInstitute

2021 Validation Report

Review for: Vida Health
Valid through December 2021



Company Profile



Category:	Mental Health
Website:	https://www.vida.com/
Public or Private:	Private
Year Established:	2014
CEO:	Stephanie Tilenius
Company contact:	Byran Chen, bryan@vida.com

Description:

Vida Health is a virtual care platform intentionally designed to treat a person's whole health by treating mental and physical conditions, together. Vida's clinically validated approach combines an AI-powered, personalized experience with the support and human connection of coaches and therapists. Vida's app offers video sessions, messaging, and digital content to help people prevent, manage and reverse chronic conditions – like diabetes and hypertension – and the mental conditions that accompany them – like stress, depression and anxiety. Some of America's largest employers and health plans trust Vida's whole health offering. Learn more at www.Vida.com.



Claim Assertion for Validation

Vida Health's therapy program is a digital therapeutic intervention for mild to moderate depression and anxiety. [A study](#), specific to Vida, shows digital interventions can support meaningful improvements in depression and anxiety (3-4 studies cited on claims as well to be referenced). The clinically validated Patient Health Questionnaire (PHQ-8) and Generalized Anxiety Disorder Scale (GAD-7) showed sustained reductions after 9 months of 6.42 and 5.19 points for depression and anxiety respectively.

Additional studies, including a meta-analysis by [Chiles, et al.](#), show "average" savings resulting from implementing psychological interventions was estimated to be about 20%. Similar results can be implied through Vida's program for those participants who have meaningful engagement with the platform.

Method / Calculation / Examples

20% savings among those members with meaningful engagement would equal \$1,494 per member per year based on average healthcare premium costs of \$7,470. [1]



Limitations

The studies referenced are observational and non-random; however, we've referenced studies that support the case for tools and coaching to increase channels and touchpoints for mental health help and interventions. This validation doesn't include any specific fees charged by Vida or offer specific guarantees.

Works Cited

[1] 2020 Kaiser Family Foundation Employer Survey on Health Benefits

<https://www.kff.org/health-costs/report/2020-employer-health-benefits-survey/>

[2] The Impact of Psychological Interventions on Medical Cost Offset: A Meta-analytic Review

<https://kansasmentalhealthcoalition.onefireplace.com/Resources/Documents/meta%20analysis%20research.pdf>

[3] Digital Cognitive Behavior Therapy Intervention for Depression and Anxiety: Retrospective Study

<https://mental.jmir.org/2020/8/e21304/?>

[utm_source=TrendMD&utm_medium=cpc&utm_campaign=JMIR_TrendMD_1](https://mental.jmir.org/2020/8/e21304/?utm_source=TrendMD&utm_medium=cpc&utm_campaign=JMIR_TrendMD_1)





Validation and Credibility Guarantee

Vida Health achieved level 2 validation for Outcomes. Validation Institute is confident that **Vida 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 - 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

Level 4 - Metrics

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





Validation Expiration: December 2021

CERTIFICATE OF VALIDATION

Applicant:	Vida Health 100 Montgomery St. Suite 750, SF, CA
Product:	Vida Health's therapy program
Claim:	Digital interventions support meaningful improvements in depression and anxiety and an average cost saving of 20%.
Validation Achieved:	Level 2 - Validated for Outcomes

Joe Andelin
Senior Advisor/Data Analyst
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.

