



ValidationInstitute

2021 Validation Report

Review for: Vida Health

Validation Achieved: Level 2 - Outcomes

Valid through December 2022



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.

[A study](#) [1] of Vida's digital interventions showed meaningful improvements in depression and anxiety.





Claim Assertion for Validation

Vida Health's program is a digital therapeutic intervention for mild to moderate depression and anxiety. Users of the program improve their scores on validated assessments. Improvements on these scores are linked to lower total medical costs. In [an analysis of 91 studies](#) [2], Chiles et al found that costs went down 20% among members with meaningful engagement; this would equal \$1,494 per member per year based on average healthcare premium costs of \$7,470. [3]

Method / Calculation / Examples

A total of 323 patients enrolled in the Vida program and had an initial score available on the Patient Health Questionnaire (PHQ-8) and Generalized Anxiety Disorder Scale (GAD-7). Of those enrolled, 146 patients had at least one follow-up score on the two instruments during the first 12 weeks of care. The second/ follow-up score was subtracted from the first/ initial score to determine the improvement for each patient. The improvements were then averaged.





Findings

Members improved their scores after 12 weeks on average by 3.76 points on Patient Health Questionnaire (PHQ-8) and by 3.17 points Generalized Anxiety Disorder Scale (GAD-7). These improvements are larger than the [minimum clinically important difference \(MCID\)](#) [4] or the smallest difference that is meaningful in terms of the patient's illness. The MCID for the GAD-7 is 1.5 points; and for PHQ-9, 1.7 points.

Patients who stayed in the program longer than 12 weeks had further improvements in their scores. However, only 22 percent of the initial group enrolled had scores available beyond the 12-week period.

Limitations

While improvements in depression and anxiety measures was documented, a reduction in medical costs was not.

The study of Vida's program was observational and did not randomly assign patients to the program or to usual care.





Works Cited

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

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

[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)

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

<https://onlinelibrary.wiley.com/doi/abs/10.1093/clipsy.6.2.204>

[3] 2020 Kaiser Family Foundation Employer Survey on Health Benefits

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

[4] How much change is enough? Evidence from a longitudinal study on depression in UK primary care

<https://www.cambridge.org/core/journals/psychological-medicine/article/how-much-change-is-enough-evidence-from-a-longitudinal-study-on-depression-in-uk-primary-care/74A6FC27FCCD5CD48DAA943E3A007E46>





Validation and Credibility Guarantee

Vida Health achieved level 2 validation for Outcomes. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit

<https://validationinstitute.com/credibility-guarantee/>.

Level 1 – Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Level 2 – Outcomes

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

Level 3 – Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Level 4 - Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.





Validation Expiration: December 2022

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. |
| Validation Achieved: | Level 2 - Validated for Outcomes |

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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.

