



**Validation**Institute

# 2021 Validation Report

**Review for: Vida Health**

**Validation Achieved: Level 2 - Outcomes**

**Valid through June 2022**



# Company Profile

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**Category:** Diabetes Management

**Website:** <https://www.vida.com/>

**Public or Private:** Private

**Year Established:** 2014

**CEO:** Stephanie Tilenius

**Company contact:** Byran Chen  
byran@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](http://www.Vida.com).





# Claim Assertion for Validation

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People who use **Vida Health Diabetes Management Program** will reduce their blood glucose level by a meaningful amount.

In populations struggling with glycemic control, a one-percentage point improvement in HbA1c results was associated with a 14 - 19% decrease in total medical costs. People who have their blood glucose level well controlled (<8) have been shown to have less inpatient hospital care for short-term diabetes complications (Joseph Menzin, 2001). In addition, people who improved their glycemic control have less absenteeism from work, greater productivity, and fewer restricted activity days (Marcia A. Testa & Donald C. Simonson, 1998). This analysis does not address the participants' use of medical services or other economic impacts.





## Method / Calculation / Examples

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People enrolled in the program if their blood glucose (estimated using the lab standard HbA1c) was at or above 7.0. A total of 950 people initially enrolled.

Two hundred fifty-eight participants (27.2% of enrolled) had baseline (pre-enrollment) HbA1c lab results and a follow-up HbA1c test 90 or more days after the first test. The average of the participants' lab results at baseline was compared to the average for lab results at follow-up.

Note: the analysis focuses on a sub-group of people who had tests performed at the proper time interval and had test data reported by the health plan. At six months post enrollment, 80% of the initial group was still active in the program and may have improved their blood glucose; attrition is not analyzed here.

The baseline lab test results, age, and gender of the 258 participants was compared to the same data from the 692 participants who did not have complete data. This was to assess whether the groups differed significantly from one another on traits that might influence performance.



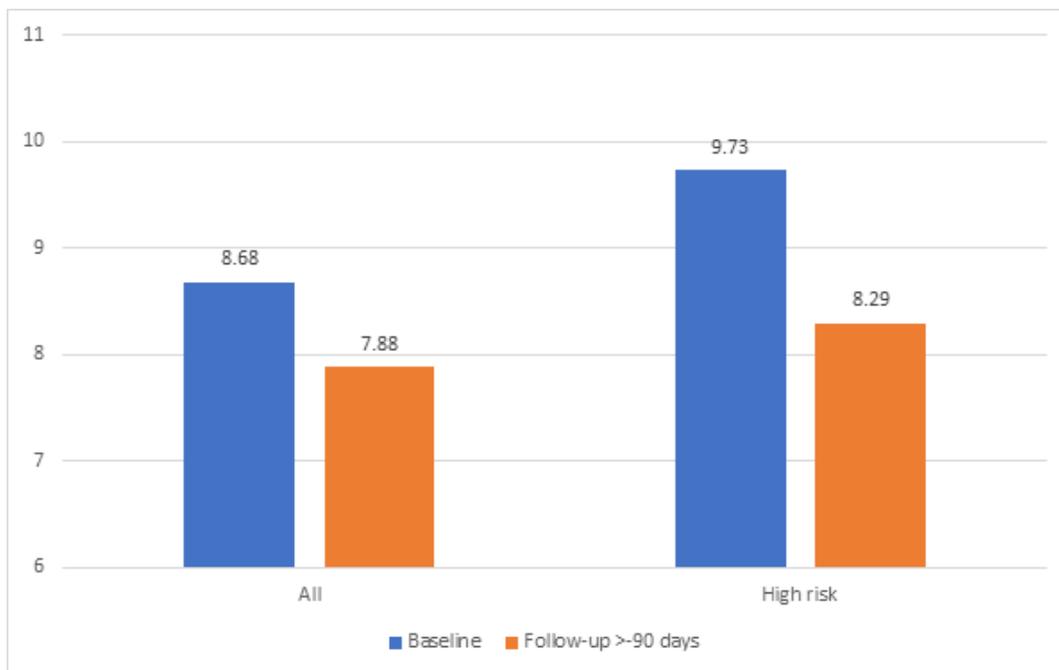
# Findings & Validation

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There were no significant differences in gender or baseline blood glucose between the group with complete data (258) and the group that initially enrolled but did not have complete data.

Chart 1 shows the average HbA1c results. In all cases, the change from baseline to follow-up was statistically significant and was greater than 0.5, which is considered the smallest change that is meaningful for a patient's health.

Chart 1: Average HbA1c results Baseline and Follow-up



High-risk participants had a greater average reduction than low-risk participants. Their HbA1c results went down on average 1.44 points, compared to 0.8 points for low-risk members.



# Limitations

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People voluntarily enrolled in the program and chose how much they used its services. Their willingness to enroll and engage in the program makes them different from those who were unwilling and may give them an advantage for achieving good results.

Analysis was not done on self-reported blood glucose results or on tests that occurred outside of clinical guidelines (such as having fewer than 90 days between tests). This strengthened the quality of the data but excluded more than 70% of the enrolled group.

# Works Cited

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Menzin, Joseph P. C.-H. (2001). Potential Short-Term Economic Benefits of Improved Glycemic Control. *Diabetes Care*, 51-55.

Testa, M. A. (1998). Health Economic Benefits and Quality of Life During Improved Glycemic Control in Patients with Type 2 Diabetes Mellitus: A Randomized, Controlled, Double-blind Trial. *JAMA*, 1490-1496.

Wagner, E. H. (2001, January 10). Effect of Improved Glycemic Control on Health Care Costs and Utilization. *JAMA*, 285(2), 182-189.

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# Validation and Credibility Guarantee

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**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 patient/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

Claims 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.





**Validation Expiration: June 2022**

# CERTIFICATE OF VALIDATION

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<b>Applicant:</b>	<b>Vida Health</b> 100 Montgomery St. Suite 750, SF, CA
<b>Product:</b>	Vida Health Diabetes Management Program
<b>Claim:</b>	People who use Vida Health Diabetes Management Program will reduce their blood glucose level by a meaningful amount.
<b>Validation Achieved:</b>	<b>Level 2 - Validated for Outcomes</b>
<b>Validation Award Date:</b>	July 2021

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**Linda Riddell**  
**VP, Population Health Scientist**  
**Validation Institute**

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**Benny DiCecca**  
**Chief Executive Officer**  
**Validation Institute**





# About Validation Institute

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**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 health care.

