



ValidationInstitute

2022 Validation Report

Review for: Inspera Health

Validation Achieved: Metrics

Valid through: May 2023

Company Profile



Category:	Well-being
Website:	https://insperahealth.com/
Public or Private:	Private
Year Established:	2000
CEO:	Lee Murphy
Company contact:	844-677-3725

Description:

Inspera Health targets a unique and expensive segment of high-cost claimants, those with five or more simultaneous chronic conditions. They may include any of the following conditions: Obesity, Asthma, Depression, Hypertension, Metabolic Syndrome, Recurrent Migraines, Anxiety, Chronic Joint Pain, Fibromyalgia, Chronic Back Pain, Adjustment Disorder, Diabetes, IBS, PTSD, Elevated Cholesterol. In addition, they address social determinants of health including food insecurity, housing stability, isolation, access to health care, health literacy, and education.

Inspera Health uses face to face coaching, not disease tracts and digital approach to identify where participants' change in behavior can produce sustained health improvement. Their coaches develop and implement a custom plan for each participant. Critical to success is addressing mental health concerns and SDOH needs. They focus on the whole person; their physical, mental, emotional, spiritual, and financial health. Because of the highly personalized approach, participation and retention rates are very



Company Profile

high. Using their Multiple Chronic Condition Health Impact Index®, they document and track sustainable change over time to demonstrate auditable outcomes and provide guarantees for health and financial improvement. Their testament is 20 years of proven experience working with this vulnerable and costly population.is required.





Claim Assertion for Validation

Inspira Health's Multiple Chronic Condition Health Impact Index (MCCHII) uses credible sources and valid methods to document and report changes in a person's health risk.



Method / Calculation / Examples

Participants with multiple chronic conditions who participate in the Inspira program track their scores on the Multiple Chronic Conditions Health Impact Index (MCCHII). The Index addresses the following areas: (Validated questionnaire or data source for each is noted in parenthesis.)

- Gaps in care (U.S. Preventive Service Task Force; American Academy of Family Physicians Practice Recommendations/ Clinical Guidelines)
- Mental and physical well-being (SF36 v2© licensed from Optum©)
- Ability to engage in personal health care (Patient Activation Measure© recognized as a PAM© score – licensed from Insignia Health©)
- Weight, Sleep, and physical activity (Fitbit Tracker)
- Body Mass Index; blood pressure, glucose, and cholesterol (primary care physician, employer on site clinic or health screening)

Participants who have multiple chronic conditions are invited to enroll. Enrollment and continuation in the program are voluntary.

See below for details about scores and interpretation.

Method / Calculation / Examples

Multiple Chronic Condition Health Impact Index Scores (MCCHII)

For each measure, the index score is zero if someone is not at elevated health risk as defined by either clinical literature or, for validated instruments, by the instrument licensor. Any score greater than zero marks a higher than standard risk, and a higher score shows a higher relative risk. MCCHII focuses on tracking directional change and relative risk reduction.

The primary anchors for each measure are:

0 points - standard risk

No points allocated means there is no increased health risk for the measure

1 to 5 points - elevated risk

With 1-point, elevated health risk exists. Five points are the limit for elevated this category. Point changes within this category show the relative change in the measure, but all are below the threshold for higher risk.

6 to 10 points - higher risk

At 6 points, high risk exists. 10 is the limit for the number of points allocated in each measure. Note: 10 points marks the limit of what the MCCHII score reflects, not necessarily the maximum possible outcome in each measure.

The thresholds of standard and elevated are grounded in health literature or the scoring information from the licensed instruments.

Higher Scores reflect HIGHER risk. Thus, an improvement in risk leads to a LOWER score.

Method / Calculation / Examples

Multiple Chronic Condition Health Impact Index Interpretation:

The Index is a composite measure of health status over time; individuals may improve in some areas and decline in others. The Index score changes show a change in relative risk. The change is not a reflection of change in the individual measure (e.g. BMI or physical activity). For example, a participant could have a 10% improvement in their BMI score; this does not mean they have lost 10% of their body weight or moved from one risk category to another. An improvement in the MCCHII BMI score shows a person has moved to a lower risk for this measure.



Findings & Validation

Since this is a metrics validation, there are no findings to report. A metrics validation ensures that the data is consistently and reliably collected, and the analysis model accurately reflects the results.



Limitations

This review focused on the data collection tools and analytical approach. It does not address the potential improvement in health status that a participant could achieve.

Validation and Credibility Guarantee

Inspera Health Multiple Chronic Condition Health Impact Index achieved validation for Metrics. Validation Institute is willing to provide up to a \$10,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>

Savings

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

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

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

Contractual Integrity

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

Validation Expiration: May 2023

CERTIFICATE OF VALIDATION

Applicant: **Inspira Health**
1911 W Wilson Street, #1086
Batavia, IL 60510

Product: Multiple Chronic Condition Health Impact Index

Claim: Inspira Health's Multiple Chronic Condition Health Impact Index (MCCHII) uses credible sources and valid methods to track and report changes in a person's health risk

Validation Achieved: Validated for Metrics

Validation Award Date: August 2022



Linda K. Riddell, MS
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Validation Institute



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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 health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.