



**Validation**Institute

# 2022 Validation Report

**Review for: Peak Health**  
**Validation Achieved: Outcomes**  
**Valid through: March 2023**



# Company Profile



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<b>Category:</b>	<b>Wellness</b>
<b>Website:</b>	<a href="https://peakhealthservices.net/">https://peakhealthservices.net/</a>
<b>Public or Private:</b>	Private
<b>Year Established:</b>	1922
<b>President:</b>	Read Davis
<b>Company contact:</b>	Nirav Desai nirav.desai@mcgriff.com

## Description:

**Peak Health** is a high touch, clinically-driven wellness program whose vision is to create the world's healthiest workforce. The program began over 3 decades ago and has served nearly 100,000 participants. It deploys registered nurses to provide on-site and remote health risk assessments, coaching, and health navigation to help people better understand their health risks and take actionable steps to achieve their healthiest potential.





# Claim Assertion for Validation

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Groups that use Peak Health's Risk Reduction program have a lower frequency of hospital admissions and emergency department visits for common chronic conditions than similar groups that do not offer the program. The chronic conditions are asthma, coronary artery disease, chronic obstructive pulmonary disease (COPD), congestive heart failure, diabetes, and hypertension.





# Method / Calculation / Examples

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The analysis focused on two companies in the same industry. One of the companies had implemented Peak's Risk Reduction Program in 20XX; the other had not. The analysis focused on the year 2019 and 2020, the time period just before the two companies merged in late 2020.

The counts were limited to members who were adults, since the Peak Health program is not offered to children. Both companies' population of adults shrank significantly over the time period. Company #1 with an average of 27,987 adult members shrank by 25% from 2018 to 2021; company #2 had an average of 16,349 adult members and shrank by almost 32% in the same period. The two companies' adult members had the same portion of members over age 50; and the two groups' average age followed the same trend over the four years.

The rate of hospital admissions and ED visits was calculated by taking the count of visits as a ratio to the number of adult members in each year. An admission or visit was assigned to the chronic condition based upon the first (primary) diagnosis on the health insurance claim. All of the chronic conditions' hospital admissions and ED visits were added together as a composite measure; the composite was less variable than the individual chronic conditions. (Graphs on individual conditions are available upon request.)

The two companies' rates were then graphed and compared for each year.

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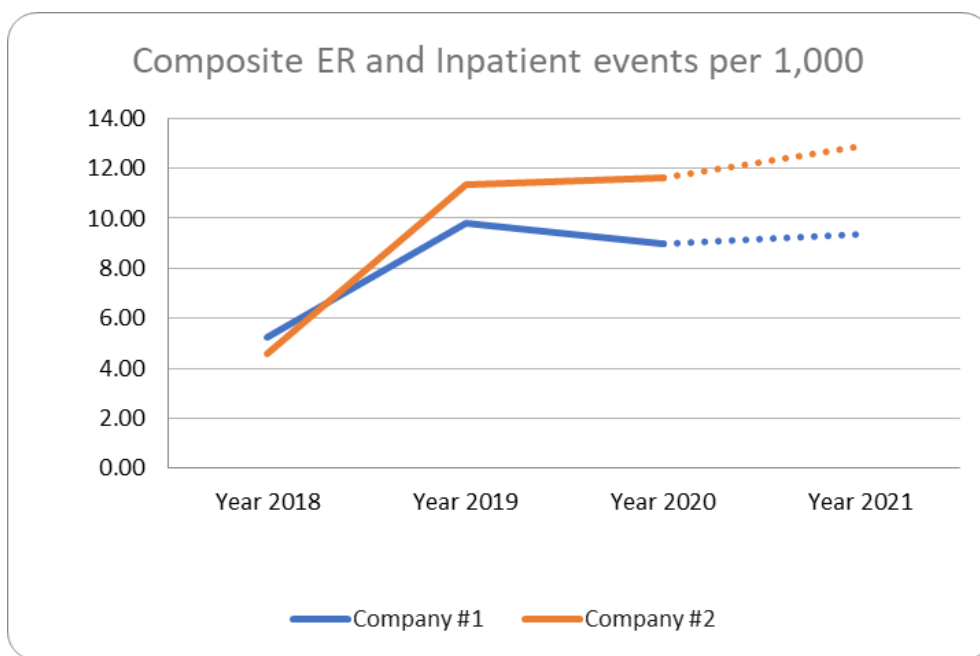




## Findings & Validation

The graph below shows the two companies event rates for 2018, 2019, 2020, and 2021 for the composite of the five chronic conditions. Company #2 had a faster rise in events from 2018 to 2019 and remained higher than Company #1 through 2021. Company #1, with the Peak Health program in place, had lower event rates from 2019 through 2021. Company #1 had a slightly larger decrease in events from 2019 to 2020 than Company #2, though both companies saw a decrease in part due to the pandemic when hospital admissions were limited.

In 2020 and into 2021, the merger began. Company #1 had lower events and a slower increase in events going into 2021 than Company #2.



# Limitations

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This is an observational study, analyzing a natural experiment. There may be factors that the analysis does not address and that account for some of the differences between the two groups.



# Validation and Credibility Guarantee

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**Peak Health Risk Reduction Program** achieved 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/>

## 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: March 2023



## CERTIFICATE OF VALIDATION

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**Applicant:**

**Peak Health**

4777 Sharon Rd, Charlotte, North Carolina  
28210, US

**Product:**

Peak Health Risk Reduction Program

**Claim:**

Groups that use Peak Health's Risk Reduction program have a lower frequency of hospital admissions and emergency department visits for common chronic conditions than similar groups that do not offer the program.

**Validation Achieved:**

Outcomes

**Validation Award Date:**

October 2022

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**Linda K. Riddell, MS**  
**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.

## 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.

