Healthcare designed for both body and mind

The only virtual care solution with **100% fees at risk** for both physical and mental health

Organizations looking for proven value need outcomes that can drive real ROI. Point solutions miss the point — most high-cost members have multiple chronic conditions, and treating them together maximizes outcomes and value.
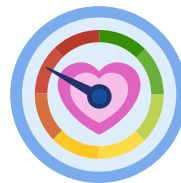
Expect more value with Vida

More integrated providers, programs, and services drive more engagement, outcomes, and ROI.
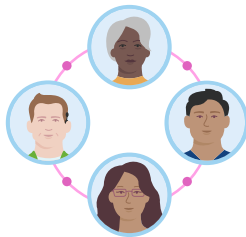
Achieve guaranteed outcomes can reduce medical costs by 10-20%, with 2-4x ROI and more impact than point solutions alone

- Clinical outcomes
- Engagement, satisfaction

Match care to risk levels, from preventive coaching to specialized interventions for high-risk members, with data-driven omnichannel enrollment services and personalized care plans

Integrate coordinated care teams from a nationwide network of experts who partner together, and with your outside healthcare ecosystem, to help each member with connected conditions

Engage more of your high-cost populations with high-touch human interaction, personalized with artificial intelligence, claims data, and biometrics, with:

- 15% eligible enrollment
- 75% retention at 6 months

Treating physical and mental health together improves both

Many members start Vida for diabetes, then add therapy after screening for undiagnosed mental health conditions in onboarding. These members see **33%** greater A1c reductions and **2x** greater depression/anxiety reductions in 4 months compared to those who address one condition alone.

Diabetes + Mental Health

▼2pt A1c **▼79%** PHQ/GAD score

Reductions when treating diabetes and depression/anxiety together (month 4)

Weight Loss

≥7%

in multiple cohorts (month 12)

Hypertension

76%

of those with stage 1 hypertension improved by at least one stage (month 4)

Hospitalization

15%

reduction in inpatient admissions vs matched control group (month 6)

Vida Value for Body and Mind

Modular package for chronic conditions across your whole population

Preventive

Weight loss   Sleep
Nutrition   Relationships
Exercise   Burnout
Pre-diabetes   Resilience

Cardiometabolic

Obesity
Diabetes
Hypertension
Congestive heart failure
Coronary artery disease

Mental Health

Stress
Depression
Anxiety
Adjustment disorders
Complex case management

### Virtual integrated care teams

• Registered dieticians • Nutritionists • Pharmacists • Diabetes educators • Therapists
• Coaches • Exercise physiologists • Case managers

Tailored integrations and services targeted for high-cost populations

• Claims data exchange • Risk Stratification • Bundled devices • Medication management
• Quarterly reviews • Social determinants tracking • PCP integration • External referrals

Maximize ROI by matching care to risk levels:

Target enrollment and tailor interventions for high-cost claimants,
prevent lower-acuity conditions from progression
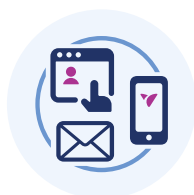
Boost enrollment with targeted services

- Whole population segmentation and triage
- Surround-sound outbound marketing
- Targeted enrollment for high-risk members
- Mental health surveys catch undiagnosed conditions
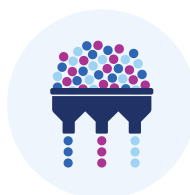
Personalize each care team and plan

- Personalization based on claims, surveys, goals
- Care teams of multiple healthcare providers
- Integration with PCPs, health plans, other benefits

Optimize for value over time

- 1:1 video and group-based sessions
- Outcomes prediction
- Biometric monitoring
- Outside referrals
- Step up / down care mix as needs change

Guarantee value with 100% fees at risk — so you can lower yours