Healthcare designed for both body and mind

Point solutions miss the point — chronic conditions never stand alone
Until now, organizations looking for virtual care had to find separate solutions for every condition. No one had built an integrated system. But most people with chronic conditions have more than one — and treating health in silos always leaves gaps.

Treating mental and physical health together improves both

Integrated models streamline care and accelerate outcomes across conditions. That's why Vida built the first and only integrated, value-based virtual care model designed from the ground up to treat body and mind together. With Vida, organizations can cover the most comprehensive set of conditions in one place, increasing access and engagement while reducing healthcare risks and costs.

Integrated virtual care
Physical & Mental

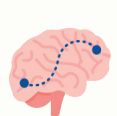| Diabetes | Hypertension | Stress | Therapy |
| Nutrition | Weight Loss | Sleep | Mental Coaching |

Increase engagement

- Expand eligibility, **maximize enrollment** across conditions
- Give **fast access** to a national network of **high-quality providers**
- Personalize care to drive high utilization and retention

Drive outcomes + ROI

- Improve outcomes across multiple **clinically-validated metrics**
- **Lower healthcare spending** by reducing risks and cost of care
- **Increase efficiency** by matching members to the right care at the right time

Make it easy

- **Address multiple conditions in one platform** — or fill out benefits gaps with modular programs
- **Lower risk** with value-based pricing
- **Differentiate your organization** with an outstanding benefits experience users love

Personalized care with a human touch unlocks unparalleled engagement

Members build deep, ongoing relationships with Vida's healthcare providers and integrated care teams. Lessons and progress trackers, personalized by artificial intelligence and provider expertise, tailor treatment to each member's risks and needs.

Immediate access to a 50-state credentialed provider network

- Dietitians
- Diabetes Educators
- Pharmacists
- Therapists
- Physical Therapists
- Health Coaches
- Case Managers
- and more
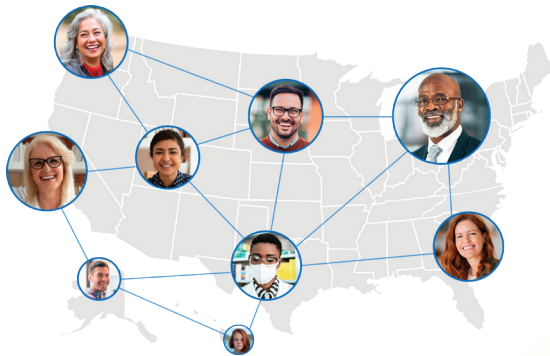
80 NPS

↓ **7%** Weight Loss (1 year)

↓ **1.3 pt.** HbA1c (1 year)

↓ **33%** Stress (PSS-10) (6 months)

↓ **54–64%** Anxiety (GAD-7) & Depression (PHQ-8) (6 months)

Engagement drives outcomes across conditions

Monthly Averages

12 Interactions with coach or therapist

250 Metrics from manual trackers + connected devices

1 in 2 Members use the app every day

15% Reduction in inpatient hospitalizations

Easy to work with for your whole population.
Available in English and Spanish.
2M+ lives covered.

DASSAULT SYSTEMES · CENTENE Corporation · VISA · CISCO · Humana · SISC Self-Insured Schools of California · AvalonBay COMMUNITIES

PayPal · BOEING · ebay · FICO · Bass Pro Shops · Prudential · Steelcase