

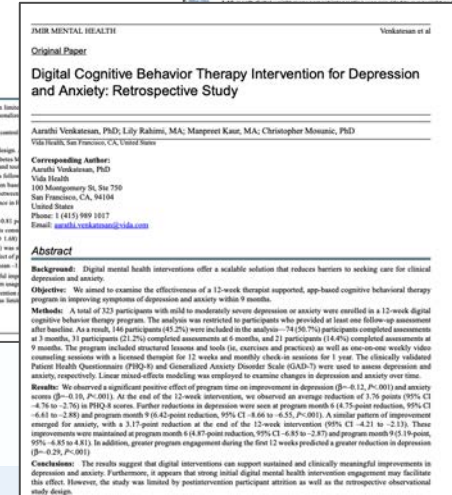
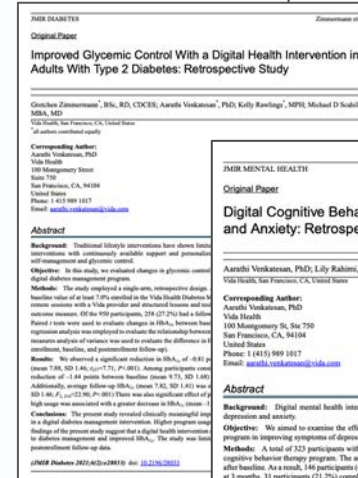
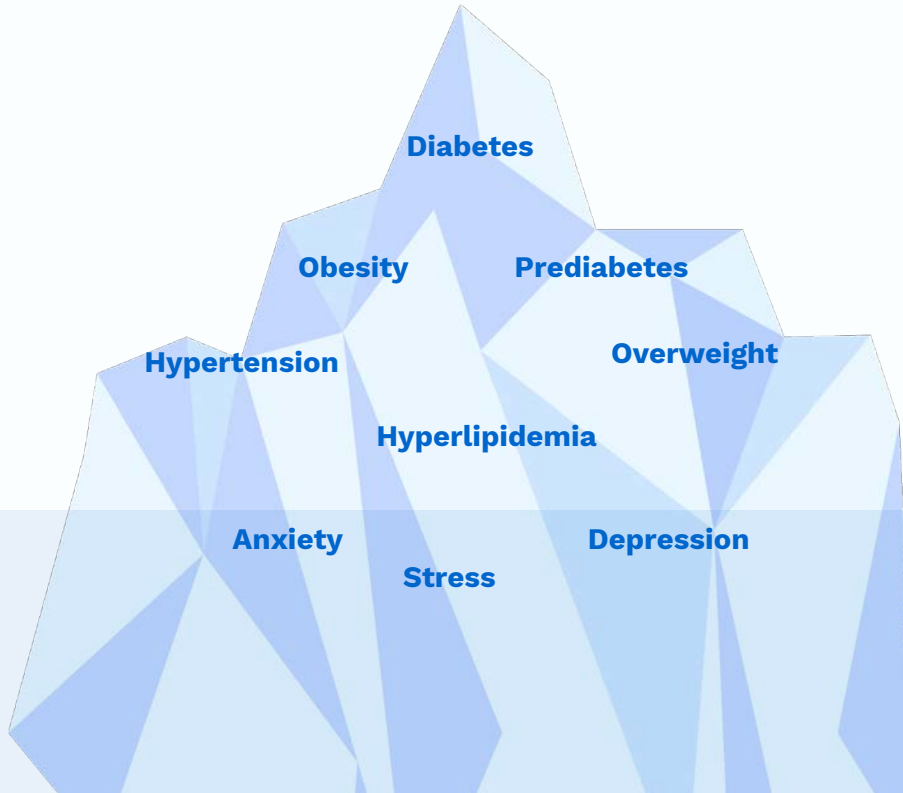


Healthcare designed  
for **body** and **mind**.

Full cardiometabolic and  
mental health solutions  
across all acuity levels



# Research has shown treating body and mind together improves both



- Eight published research papers in place across chronic conditions
- Eight additional peer reviewed studies planned

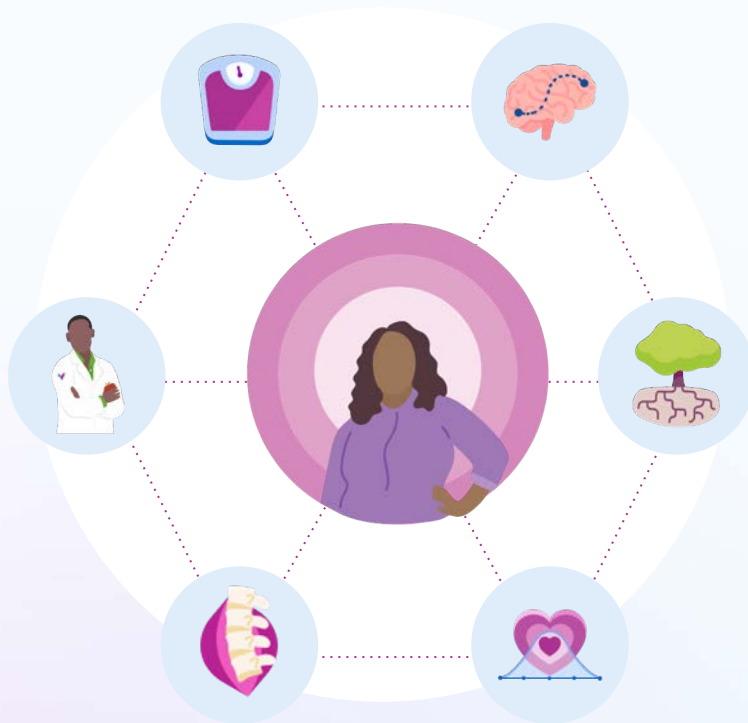
## Siloed care models treat multiple conditions at once, Vida's integrated care model treats them together

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**One app,  
one care team**  
Fully integrated body  
and mind care for  
multiple conditions

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**Inclusive for your  
whole population**  
Hyper-personalized  
and culturally  
adapted care paths



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**Human providers,  
supported by tech**  
Members choose from a list  
of credentialed providers and  
build deep 1:1 relationships

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**Impactful outcomes,  
with fees at risk**  
Sustainable outcomes  
with up to 100%  
fees-at-risk

# Treat the whole person and your whole population with one app, one care team, and one integrated care plan



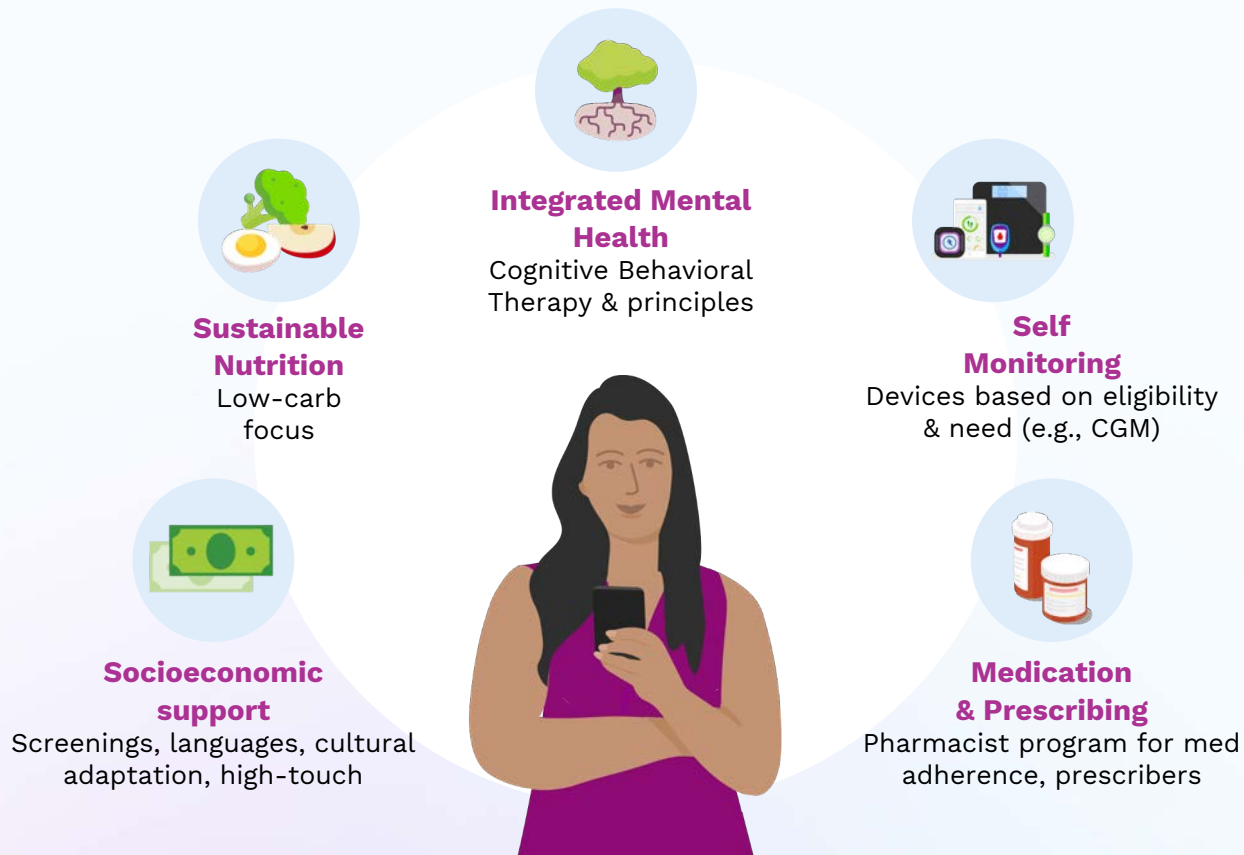
## Human care teams work together across specialties to support behavior change



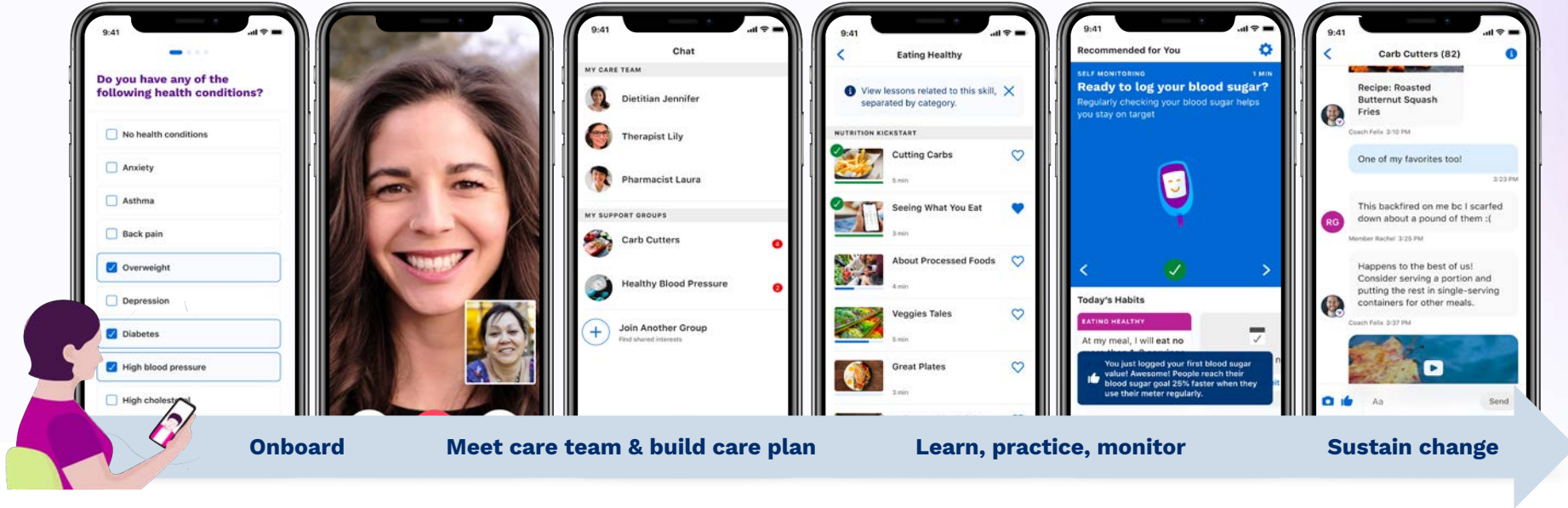
Vida has been extremely helpful to me. Each of my coaches — Dietitian Melissa, Therapist Shonna, and Pharmacist Roberto — are superb at helping me take a proactive approach to my well being. — Vida Member

- Registered dietitians
- Certified Diabetes Educators
- Licensed therapists
- Licensed case managers
- Licensed pharmacists
- Physicians and nurse practitioners
- NB-HWC Certified Health Coaches

# Vida's patient centered approach and evidence-based clinical framework



## A member's journey along a personalized care path



**80%**

of members regularly  
engage with their provider

**80 / 87**

English / Spanish  
Net Promoter Score

**75%**

retention at  
6 months

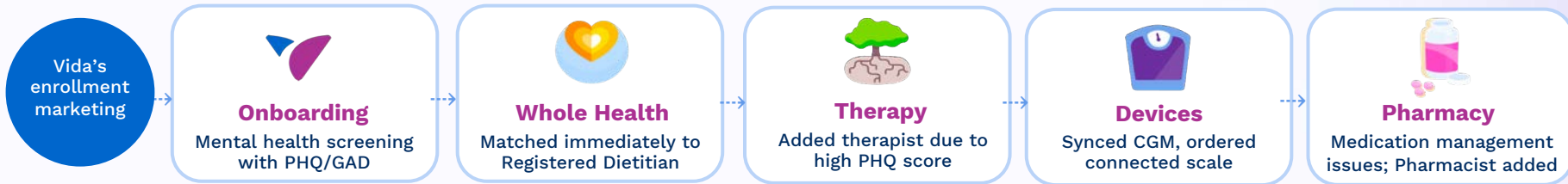


Brenda is a lot like your average chronic patient — she has multiple conditions to manage and had unaddressed mental health needs



- 63-years old
- Insulin-dependent diabetes, overweight, limited mobility, undiagnosed depression
- Came to Vida to manage chronic conditions and stress of caregiving for elderly parent

**Brenda's personalized care path:**





# After 6 months on a Vida integrated care path, Brenda improved her diabetes by reducing her depression

## Engagement

**26** coaching sessions | **91** messages sent | **127** lessons completed | **6841** metrics logged

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## Care Team Interventions



### Registered Dietitian

Strategies for meal planning, increased physical activity, and tracking BG + carbs



### Therapist

Strategies for decreased caregiver stress, increased motivation for self-care, and emotional regulation



### Pharmacist

Worked w/ PCP to adjust meds and dosing to ↓ side effects and ↑ adherence

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## Outcomes



Point reduction in HbA1C  
(11.4 to 7.81)



Over the course of treatment



Reduction in PHQ-8 score

# Deliver mental health improvements to your whole population – including options to support every level of acuity



Vida Groups for  
Mental Health



Mental Health  
Coaching



Mental Health  
Therapy



Licensed Case  
Management

**Self-Care**

Engage with peers,  
provider-moderated,  
build skills, self-care  
focus

**Lower Severity**

Develop skills to reduce stress,  
build resilience, and address  
mild-moderate depression/anxiety

**Higher Severity**

Heal from depression & anxiety  
using gold standard CBT principles,  
with medication options if needed

**Complex**

Connect with  
community resources  
and specialist care

Typical  
employee  
population

**64%**

**33%**

**3%**

**Prescribing Available**

## Human-led care addresses health equity to remove barriers

I can't pay for my medications

People will think I'm weak if I get therapy

I don't like to download apps

Stores in my neighborhood don't sell fresh vegetables

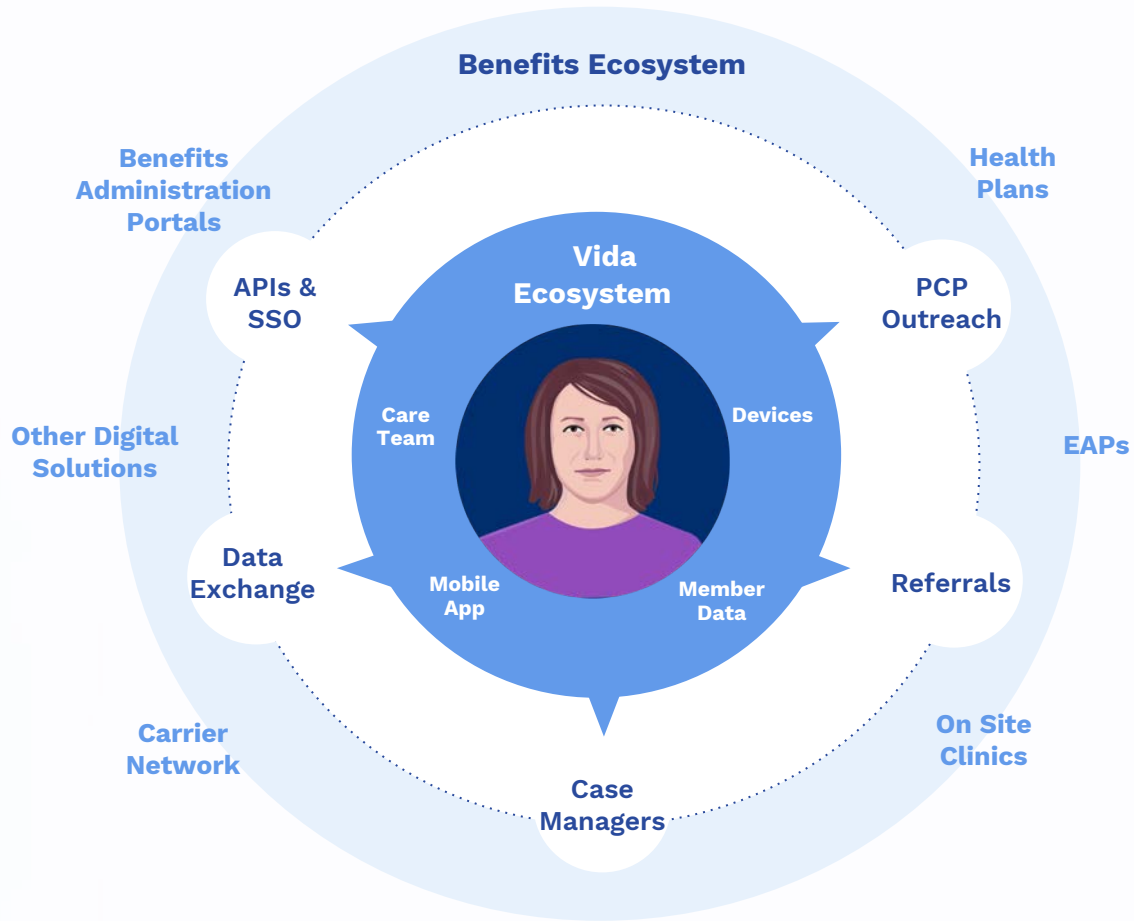
Prefiero hablar de mi salud en español

My conditions will never change — it's hopeless

### 70% of Vida enrollees screen positive for SDoH risks:

- **SDoH surveys** uncover barriers so they can be removed
- All providers use **Motivational Interviewing**
- Multimodal outreach includes **hands on support through Vida Service Center**
- Inclusive, **culturally adapted content and bilingual** providers
- **Licensed Case Managers** connect members with resources / referrals and then follow up for continued support

# Vida integrates with your ecosystem



## Up to **100% fees-at-risk** for physical and mental health outcomes



**Diabetes**

▼**1.3pt**

Avg A1C reduction for  
baseline  $\geq 8$  (year 1)



**Weight Loss**

**$\geq 7\%$**

Weight loss in  
multiple cohorts (year 1)



**Hypertension**

**76%**

Of those with stage 1  
HTN improved 1+ stage (year 1)



**Depression**

**61%**

Avg PHQ-8  
reduction (month 9)



**Anxiety**

**54%**

Avg GAD-7  
reduction (month 9)

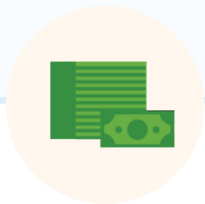


**Hospitalization**

▼**15+%**

reduction of IP admissions vs  
matched control group (month 6)

## Vida achieves significant ROI in 6 months for higher risk cohorts



**\$70-\$200**  
**PMPM savings**  
**dependent on risk level**

- Driven by decreases in hospitalizations
- High / rising risk cohorts within a population
- ROI dependent on risk profile of eligible population

Which do you want to explore in more detail?



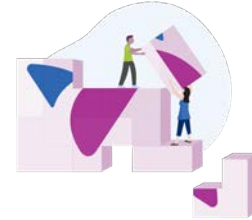
**Integrated  
body and mind**



**Impactful for  
diverse populations**



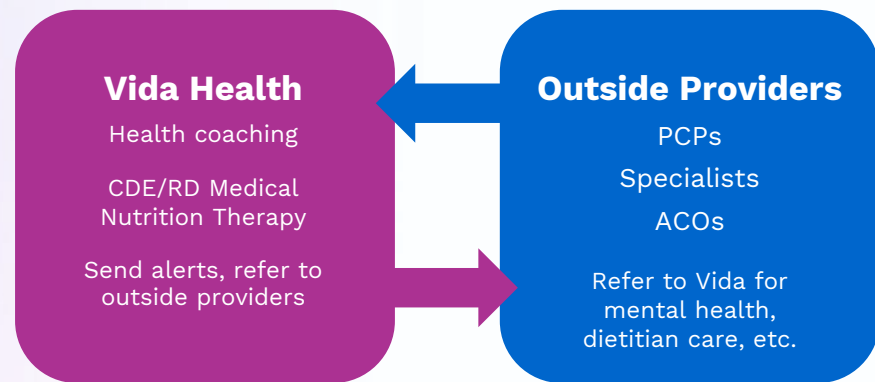
**Engaging,  
human-led care**



**Outcomes with fees  
at risk**



# Vida and outside providers can share bidirectional referrals



## Alert Triggers

- Rx gaps, interactions, titration recommendations
- Potential diagnoses
- Concerning symptoms
- Persistent out-of-range values

## Channels

- Phone
- Fax
- Data Exchange
- Provider Portals

November 2, 2021

Medication Therapy Management Program for Patient:

Dear

I am a Vida pharmacist. On November 2, 2021, I spoke with your patient to perform a medication consultation. I have summarized the issues identified and my recommendations in the below table. Please call 855-422-5885 with any questions. Please also indicate in the last column whether you plan to implement the recommendations and fax us the form at 833-263-1963.

	Assessment	Recommendation	Implement? (Y/N)
1	Ms. [REDACTED] has indicated her most recent blood pressure to be 174/71. Importance of medication adherence was heavily emphasized as well as a low sodium diet. Ms. Garcia may benefit from escalation in her antihypertensive therapy.	Please encourage medication adherence to antihypertensive medications and consider escalating Ms. Garcia's therapy if clinically indicated.	
2	As you know, the Advisory Committee on Immunization Practices (ACIP) and the CDC recommend routine SHINGRIX (RZV) vaccination of all patients 50 years of age or older, regardless of past episodes of herpes zoster or history of receiving ZOSTAVAX. All patients should receive 2 doses of SHINGRIX administered 2 to 6 months apart. For adults aged 60 years or older, administer either SHINGRIX or ZOSTAVAX (ACIP guidelines prefer SHINGRIX). SHINGRIX should be administered 2 months after ZOSTAVAX, if recently given.	Unless otherwise contraindicated, please consider administering SHINGRIX to this patient.	

Medication Allergies: No known drug allergies

Medication Name & Dosage	Directions	Indications	Prescriber
Amlodipine Besilate 50 mg Hydrochloride 10-40 mg	Take 1 capsule by mouth every morning	High blood pressure, Kidney Protection	Murillo (Muro)
Atorvastatin Calcium 10 mg	Take 1 tablet by mouth every morning	High cholesterol	Murillo (Muro)
Garipentin 100 mg	Take 3 capsules by mouth two times a day with food	Neuropathic pain	Murillo (Muro)
Omeprazole 40 mg	Take 1 capsule by mouth two times a day	Acid Reflux	Murillo (Muro)
Plavagamine 15 mg	Take 1 tablet by mouth every morning	Type 2 diabetes	Murillo (Muro)
Soliqua 100-33 100-33 UNITS/ML/CMG/ML	Inject 1 Penful subcutaneously every morning	Type 2 diabetes	Murillo (Muro)
Singulair 30 15-100 mg	Take 2 tablets by mouth every morning	Type 2 diabetes	Murillo (Muro)

This communication contains confidential and protected health information. If you have received this communication in error, please notify the sender immediately.

Page 1 of 2

# One-stop-shop doesn't mean one size fits all



	Lower Risk	Rising Risk	Higher Risk
<b>Pathway</b>			
Weight Loss	●	●	
Whole Health		●	●
Integrated Mental Health	●	●	●
<b>Care Team</b>			
Health Coach	●	●	
Registered Dietitian / CDCES		●	●
Pharmacist Connected w/ PCP	●	●	●
<b>Devices</b>			
Scale	●	●	●
Glucometer & Strips or CGM		●	●

● Included

● Where  
Appropriate

## Culturally mindful content fully built in Spanish

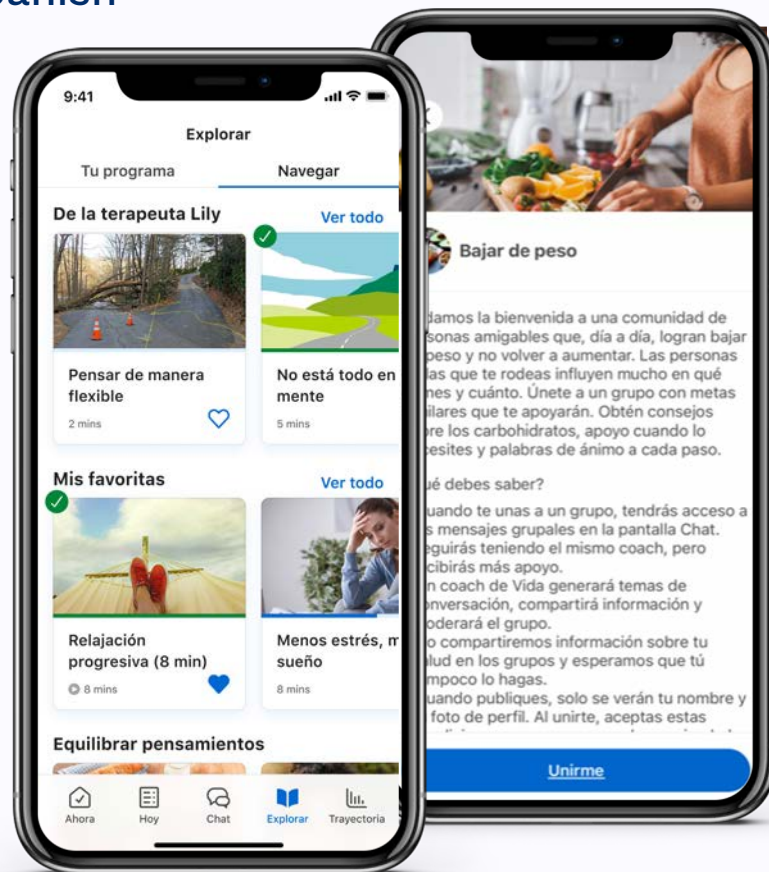
**Inclusive imagery** represents a spectrum of human skin tones, facial features, clothing, hair, settings, and occupations

**Spanish subtitles** for video and audio content

**Food guides** include common foods and varieties

# 87

**NPS for Spanish**



# Vida Pharmacists manage medications with PCP when appropriate



**Pharmacist reviews member data and consults with the member's PCP and Vida care team when appropriate to makes medication recommendations for:**

- Reconciliation and synchronization
- Adjustments based on side effects and tolerance
- Adherence strategies
- Opportunities to reduce costs
- Subscribing to 90-day fills, auto-refills, mail-order, etc.
- Assistance using transportation vouchers for pickups

Available to view in member app

## The faces of Vida



**Jim, 77**  
*Rural area, Medicare*



**Carter, 35**  
*Retail worker, tech-avoidant*



**Shannon, 47**  
*School teacher*



**Brandon, 59**  
*Self-employed, Exchange*



**David, 32**  
*Mechanic*



**Jose Antonio, 53**  
*Spanish-speaking, Exchange*



**Amber, 23**  
*College student*



**Irene, 67**  
*Retired, MA plan*



Thank you!

