

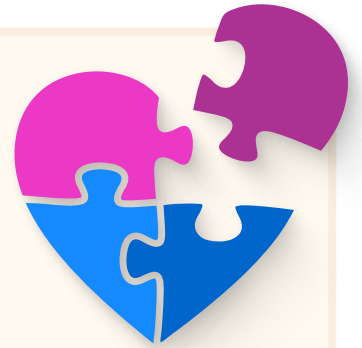


# Obesity and diabetes outcomes guaranteed

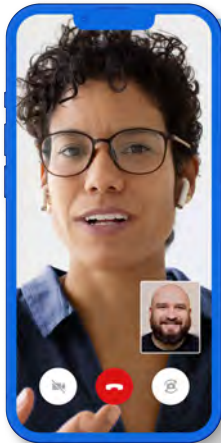
Three in five Americans have one or more chronic conditions like obesity, diabetes, and hypertension. Help your whole workforce achieve better cardiometabolic outcomes across a wide range of care needs.

## Cardiometabolic care and cost savings across the spectrum

Vida provides four progressive tiers of care, all grounded in proven behavior coaching, with additions like medication management for more intensive interventions. **Replace multiple point solutions** with Vida's comprehensive suite — **or focus on specific populations** with targeted care that fits seamlessly alongside your existing solutions.



## Cardiometabolic Care



Weight Solutions		Diabetes + Cardiovascular Solutions	
Preventive	Clinical Obesity	Chronic	Clinical Obesity Plus
Lose weight + manage GLP-1 trends		Treat diabetes, obesity, and comorbidities together + reduce total cost of care	
Integrated mental health			
Behavior change for prediabetes, overweight, and stress	Medical weight loss and nutrition therapy for obesity alone or w/hypertension or hyperlipidemia	Behavior change & remote monitoring for diabetes, hypertension, and hyperlipidemia	Medical weight loss and nutrition therapy for complex diabetes and comorbid obesity

## Outcomes guaranteed with 100% fees at risk

Vida stands by its commitment to better clinical and financial outcomes, enrollment, and engagement with performance guarantees and up to 100% fees at risk.



Weight Loss

▼ **7-10%**

Weight loss in multiple cohorts at 1 year



Diabetes

▼ **2.4pts**

Avg A1C reduction for baseline  $\geq 9$  at 1 year



Inpatient / ER Admits

▼ **15+%**

Fewer hospital visits at 6 months



Cost Savings PMPM

▼ **\$75-\$475+**

depending on population and Vida tier

for published outcomes see [vida.com/research](https://vida.com/research)



## Flexible utilization management and care pathways for Rx cost control

Vida works within your strategy and formulary to manage medication use and costs. Vida providers identify around 30% of members with obesity who can improve with behavior change alone and about 60% who may benefit from lower-cost medications. This ensures only the ~10% who really need GLP-1s get them — fewer than in organizations using Prior Authorization (PA) alone.

Integrate Vida as a...	Required GLP-1 companion	Obesity Preferred Prescriber	Obesity Center of Excellence
<b>HOW IT WORKS</b>	Require participation in Vida's behavior change to approve coverage for new or new + existing GLP-1 Rx	Members who enroll in Vida's virtual obesity care and prescribing get <b>hassle-free access</b> , with <b>"automatic" prior authorization approval</b> for obesity medications when appropriate	All members with medical coverage get obesity care and prescribing services through a narrow network where <b>Vida is the sole prescriber of GLP-1s and related Rx</b> . (Out-of-network Rx are denied)
<b>VALUE</b>	<ul style="list-style-type: none"> <li>Ensure utilization is consistent with FDA label</li> <li>Improve trends by deploying an evidence based auditable diet and activity program</li> </ul>	<ul style="list-style-type: none"> <li><b>Expand access</b> to evidence-based obesity care</li> <li><b>Ensure appropriateness</b> of new GLP-1 prescriptions for...</li> </ul> <div>...only those who enroll</div>	<div>...the whole population</div>
<b>► COST SAVINGS:</b>	— \$ —	— \$\$ —	— \$\$\$ —

## Serving 3 million lives with evidenced-based care

- 10+ years of proven behavior change
- 15+ peer-reviewed research publications
- Data-driven screenings and protocols for addressing social determinants of health



### Alicia got her health back on track with Vida

50 years old • Obesity • Diabetes • Depression

At 448 pounds, Alicia was unhappy and uncomfortable with limited mobility. She wanted to establish a healthier lifestyle and gain more personal freedom — a certified health coach, registered dietitian, and licensed therapist helped her reach her goals.



#### Alicia's personalized Vida experience:

34 video coaching sessions • 150 chat messages sent  
89 educational lessons completed • 2517 metrics logged



Weight Loss

↓ **8.7%**



Diabetes

↓ **1.6pts**



Depression

↓ **69% PHQ**