



Polychronic care for both mind & body



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 Mental & Physical



Stress



Therapy



Sleep



Mental Coaching



Diabetes



Hypertension



Nutrition



Weight Loss

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 drives 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 expert provider network

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



75 NPS

↓ **7%** Weight Loss (1 year)

↓ **1 pt.** HbA1c (4 months)

↓ **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

1000 Metrics from manual trackers + connected devices

1 in 2 Members use the app every day

88% Retention at 3 months

12-17%

Healthcare Cost Savings (1 year)

Vida Health (2020) Book of Business, Outcomes by Program

Easy to work with for your whole population.

Available in English and Spanish.

2M+ lives covered.

