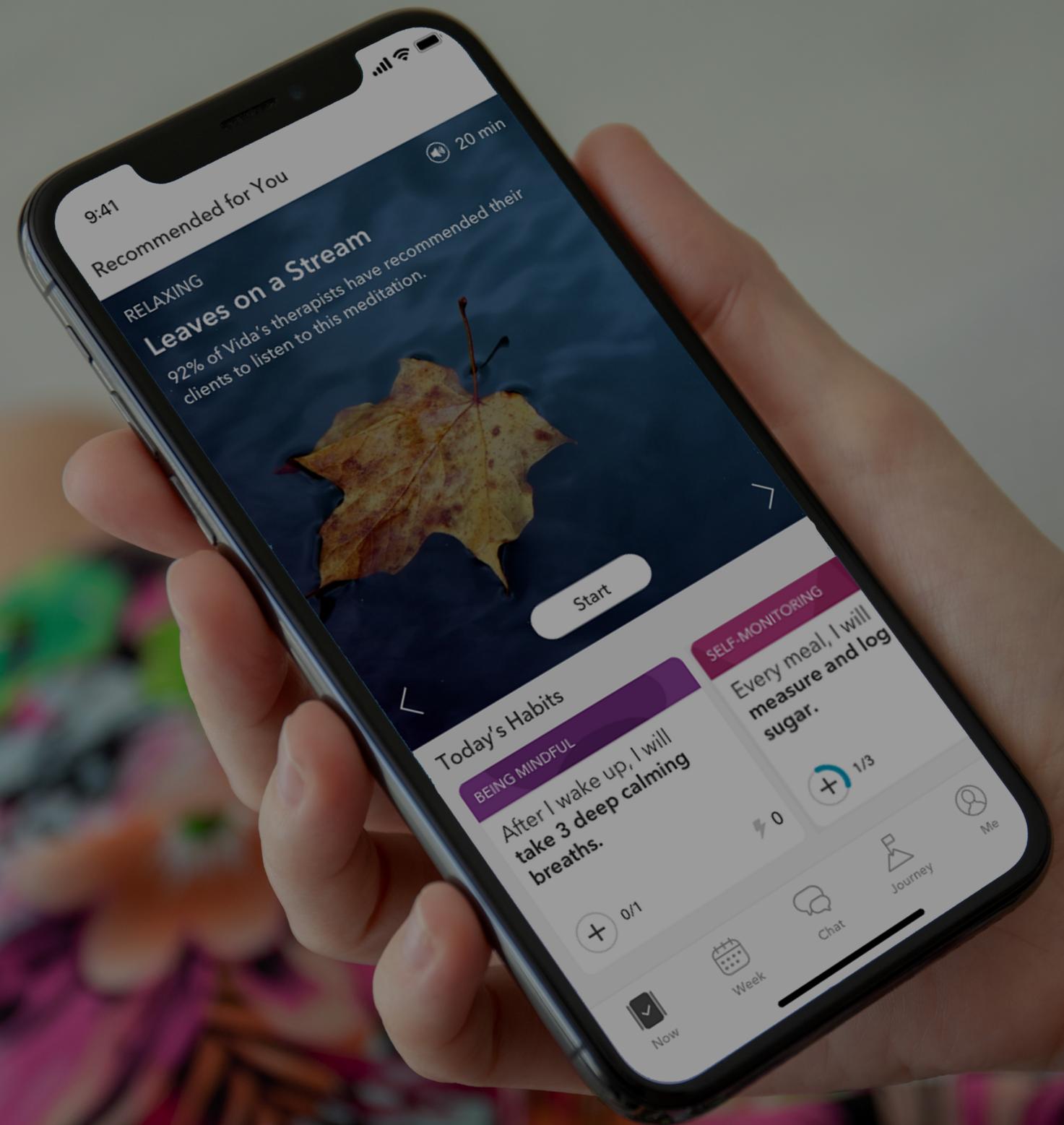




An F100 Client Case Study: How Vida is Helping Employees Tackle Health Risks and Achieve Sustained Clinical Outcomes



How Vida helps employees at a Fortune 100 client improve their health



Vida is available to US employees, spouses, and dependents ages 13-25.



The F100 client recently added behavioral health to their covered health programs



Employees of the F100 client love Vida: 9.93 average rating



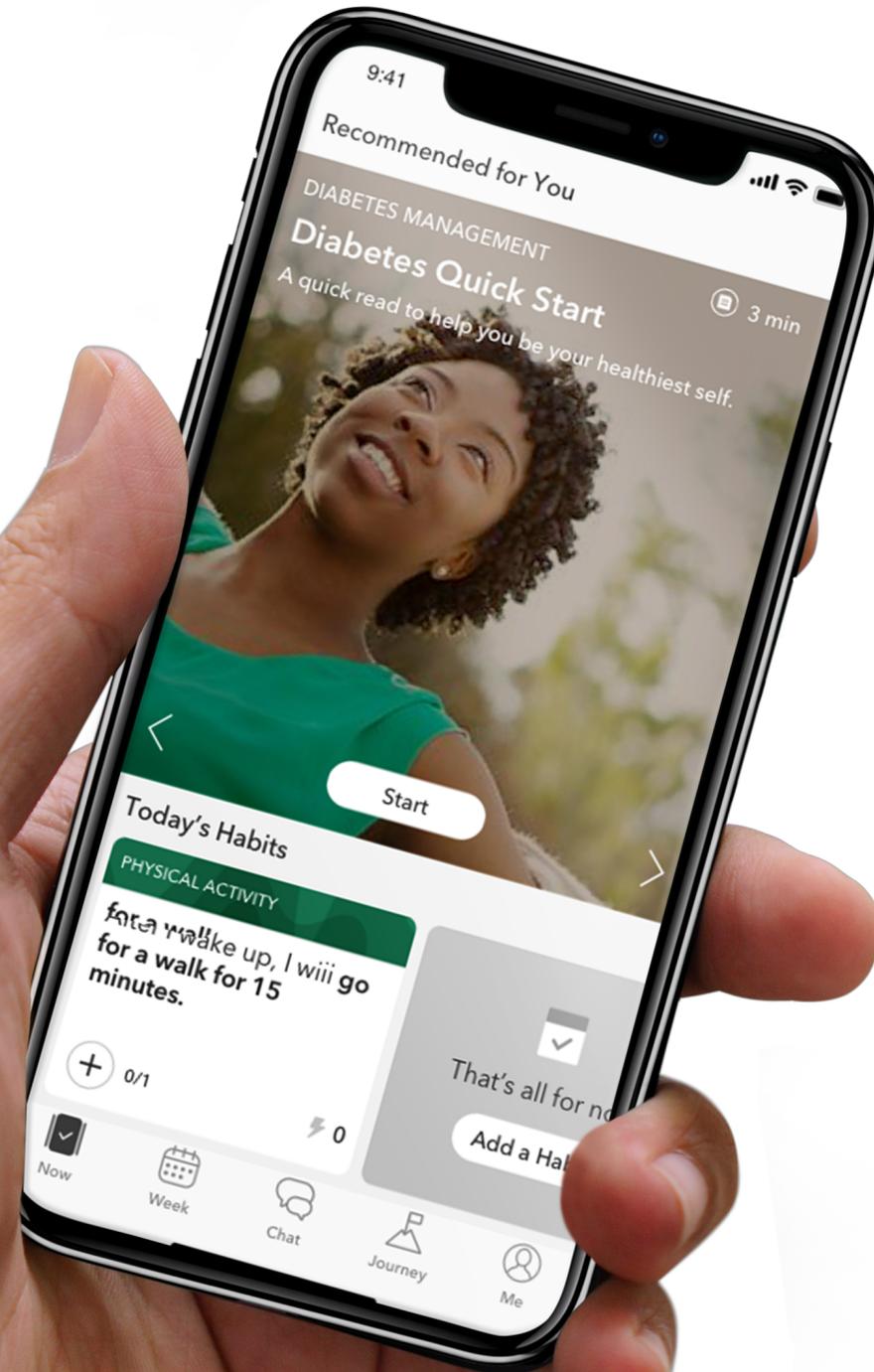
“This program has been critical to my success so far losing weight and addressing my bad food habits. I’ve already recommended it to a number of friends and co-workers!”

Quick Facts

The Fortune 100 client is a publicly traded technology company that develops, manufactures and sells networking hardware, telecommunications equipment and other high-technology services and products.

With around **37,000 eligible employees**, the population is made up of mostly tech office workers.

Why Vida?



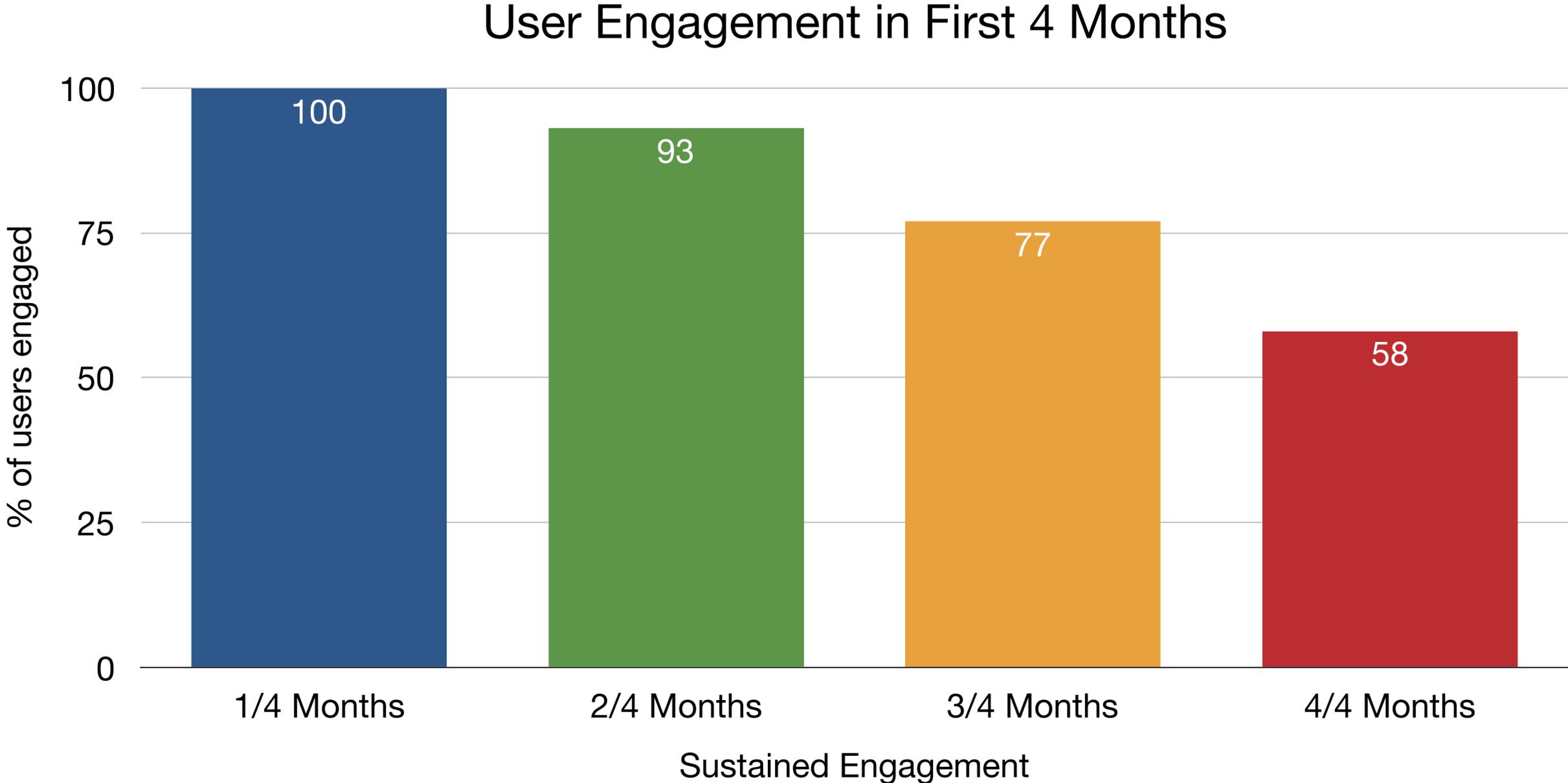
Overall

- This client was impressed by the quality of Vida's health **experts**, the level of **personalization** that Vida programs offer, and the **in-app member experience**.
- The client liked that employees would work with a **real person** on their health journey.

Client expanded to include Vida's Behavioral Health and is expanding to include Diabetes Prevention

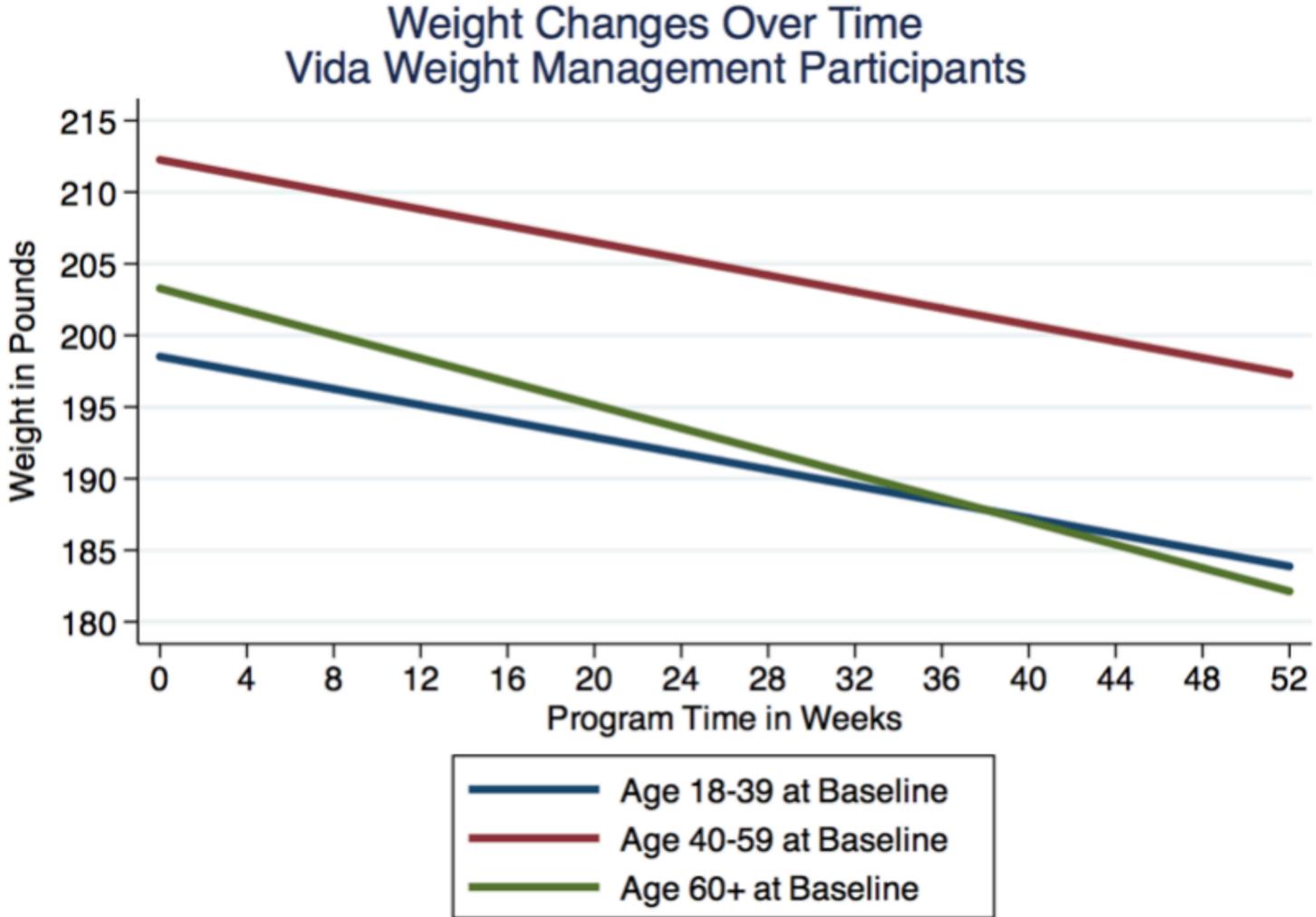
- After a year of partnership, our F100 client has been happy with Vida and wants to address the **behavioral health needs and the diabetes prevention** of their employees.
- They like the in-app experience and the ability for members to **match with a therapist or a health coach quickly**.
- They are also impressed that Vida is able to refer members to an **outside referrals resource** if a higher level of care is needed.
- Overall, our client has seen **exciting results** with their initial use of Vida and wants to expand their offerings.

77% of members who had one or more consults remained engaged at least 3 out of their first 4 months



Outcomes: over 7% average weight loss over 12 months

Group	Baseline Weight (Average)	12-Month Weight Result (Average)	12-Month Weight Result (as % Lost; Average)
Group 1: 18-39 Years of Age	198.5 pounds	183.9 pounds	7.4%*
Group 2: 40-59 Years of Age	212.3 pounds	197.3 pounds	7.1%*
Group 3: 60+ Years of Age	203.3 pounds	182.1 pounds	10.4%*



*Statistically significant change relative to baseline, $p < .01$.
See Appendix B for detailed model results.



William, Employee

William lost 5 inches in his waist, stopped smoking after 45 years, decreased body fat from 24% to 16%, and started bodybuilding!

CONDITIONS:

OBESITY, HIGH BLOOD PRESSURE, DIABETES, SMOKER

“

I was looking for someone to keep me honest and offer encouragement, to be a partner not just a coach. My relationship with Coach Candy has really grown to be a partnership.

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