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 populations 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.

User Engagement in First 4 Months

<table>
<thead>
<tr>
<th>Sustained Engagement</th>
<th>% of users engaged</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 Months</td>
<td>100</td>
</tr>
<tr>
<td>2/4 Months</td>
<td>93</td>
</tr>
<tr>
<td>3/4 Months</td>
<td>77</td>
</tr>
<tr>
<td>4/4 Months</td>
<td>58</td>
</tr>
</tbody>
</table>
Outcomes: over 7% average weight loss over 12 months

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

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

William, Employee