



Medical Cost & Rx Savings from Clinical Obesity and Diabetes Care with Vida Health

Real results for organizations managing chronic disease at scale

As the costs of chronic conditions continue to rise, employers and health plans seek solutions that improve health outcomes and deliver measurable financial value. **Vida's** clinically driven programs for obesity and diabetes go beyond coaching—they deliver whole-person care through evidence-based interventions, licensed providers, and integrated behavioral health support.



The results speak for themselves

Vida's programs reduce medical and pharmacy costs within the first year. Here's what organizations can expect when obesity and diabetes are treated together through clinical, coordinated care.

ROI Highlights

On average, our cardiometabolic programs deliver:



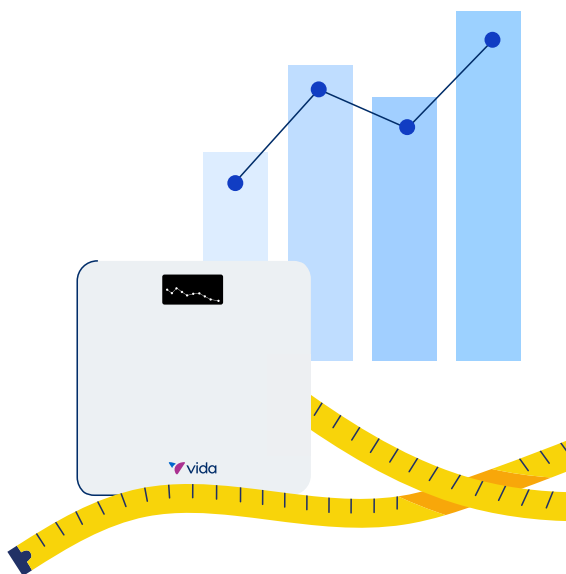
\$2,048 annual medical cost savings per engaged member (reduction in ER visits and hospitalizations)



Up to **\$550 PMPM** in avoided GLP-1 prescriptions



94% medication adherence for members on GLP-1s (in contrast to 47% GLP-1 persistence rate outside Vida)*



Vida's approach helps avoid unnecessary medication costs, ensures high adherence members appropriately prescribed weight loss medications, and reduces costly medical events—all contributing to a stronger, more efficient ROI.

Clinical Obesity Management Program

Driving down costs through sustained weight loss

Vida's Clinical Obesity Management Program combines medical oversight, Medical Nutrition Therapy, and lifestyle change support to drive meaningful, sustainable weight loss.

What we're seeing



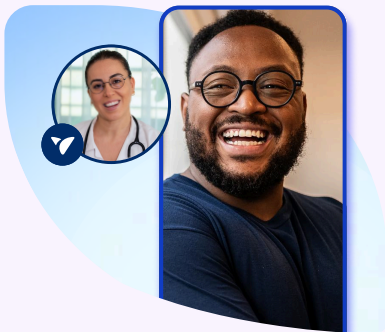
Average 13% weight loss for those on a GLP-1 and receiving Medical Nutrition Therapy 5-10% weight loss sustained at 12 months for those not on a GLP-1



Fewer new GLP-1 starts with only 16% of new members who were not on a GLP-1 in the past year being prescribed one



30% of members who were on a GLP-1 before joining Vida did not take action to continue their coverage



Clinical Obesity Management Plus

Coordinated care for obesity, diabetes, and related conditions

Vida's Clinical Obesity Management Plus program takes a comprehensive approach to chronic disease by treating obesity and diabetes together—along with other related conditions like hypertension and high cholesterol. This integrated model doesn't just improve health; it helps employers manage the rising costs of medications, including GLP-1s and insulin.

Lower Costs, Better Control

By focusing on whole-person care—including medical oversight, behavior change, nutrition therapy, and mental health support—we help members improve metabolic health and reduce reliance on expensive prescriptions. This leads to:

- ✓ **2.4-point reduction in A1C** at 12 months
- ✓ **15% fewer ER visits and hospitalizations**
- ✓ **More stable, predictable outcomes** at the population level



Together, Vida's obesity and diabetes programs offer a high-impact strategy for controlling costs and pharmacy spending. Our integrated approach not only boosts the effectiveness of GLP-1s—it helps avoid unnecessary prescriptions and downstream complications, leading to lower total cost of care, stronger medication ROI, and a more sustainable path to chronic condition management.

Bring these results to your workforce

Learn how integrated obesity and diabetes care can cut costs and improve health outcomes.

► [Learn more](#)