

Build the foundation for metabolic health

Stabilize risk before it escalates

Vida Core is a clinical care pathway designed to stabilize early metabolic risk, prevent the onset and progression of disease, and reduce the need and frequency of future higher-cost interventions. It serves members with low-to-moderate metabolic instability who benefit from structured clinical guidance, lifestyle interventions and behavior-change support, and ongoing monitoring of metabolic health through devices and wearables, without requiring intensive physician-led management.

Core is not a wellness program. It is a clinically grounded metabolic stability pathway focused on measurable improvement and long-term cost containment.



Designed for members with emerging metabolic instability

Members appropriate for Core may present with early symptoms for the following conditions:

- Overweight & obesity
- Prediabetes & diabetes (Type 1 & Type 2)
- Hypertension & hyperlipidemia
- Chronic Kidney Disease (CKD)
- Congestive Heart Failure (CHF)
- MASLD (early metabolic fatty liver disease)
- Depression & anxiety
- Obstructive sleep apnea (OSA)
- MASH (advanced metabolic fatty liver disease)
- Established cardiovascular disease

Members are placed into Core based on their Metabolic Control Score, which reflects current control, risk trajectory, and treatment intensity required.

Structured care, matched to risk

Core delivers structured, evidence-based metabolic care through a coordinated digital and clinical model.

Clinical & Coaching Support

- Registered dietitians and health coaches
- Evidence-based medical nutrition therapy and lifestyle intervention
- Behavior change and habit formation support
- Preventive cardiometabolic care plans

Monitoring & Optimization

- Ongoing metabolic control tracking
- Digital tools and connected devices for engagement and accountability
- Escalation protocols if risk increases

Care that adjusts as risk changes

When a member's metabolic risk increases and they require physician oversight, Vida transitions them to the Elevate Pathway (when implemented). When members achieve sustained metabolic control, Vida moves them to the Control Pathway for ongoing maintenance.



Driving measurable metabolic and financial outcomes

Core is designed to:

Improve metabolic markers (weight, A1c, BP, lipids)

Prevent progression to high-cost chronic disease

Reduce future GLP-1 dependence and specialty care utilization

Increase member engagement in preventive care

Lower long-term population health spend



Why employers choose Core

Core creates measurable economic value by:

- Intervening before high-cost treatment is required
- Reducing future specialty medication exposure
- Lowering cardiometabolic progression rates
- Supporting a healthier, more productive workforce

It is the most efficient way to manage broad metabolic control across a population without over-medicalizing and overutilizing care.

Built within a unified, risk-stratified platform

Core and its counterpart, Elevate, operate within a simplified metabolic control strategy that:

- Delivers provider-led outcomes through evidence-based care
- Supports both on- and off-formulary plan designs
- Minimizes member friction through integrated pathways
- Offers flexible pricing and partnership models — standalone or comprehensive

Build a metabolic control strategy with Vida Health.

► Learn more at [vida.com](https://www.vida.com)