Vida Health at a glance

The virtual cardiometabolic clinic that scales across your population

Vida Health delivers whole-person care for cardiometabolic conditions by addressing the root drivers of disease — excess weight, cardiovascular risk, insulin resistance, and mental health. Our evidence-based model combines clinical care with built-in lifestyle support to drive lasting outcomes. We support individuals across the full spectrum of need while helping partners improve engagement, outcomes, and cost control.

Vida delivers the industry's only metabolic control strategy through:

- Matching care intensity to member need
- Stabilizing biology, behavior, and mental health through multidisciplinary care teams
- Working within your existing benefit structure, partner ecosystem, and provider network

Members are placed into one of two pathways based on their current metabolic health. This is determined by clinical indicators such as weight, BMI, A1c, blood pressure, and cholesterol, as well as genetic and lifestyle risk factors.

One platform. Two pathways.

Core

Behavior change

Care team - Registered Dietitians, Health Coaches

Nutritional coaching - Individual and group coaching, culturally-relevant meal plans, and skill building

Self-directed CBT - Skills for lasting behavior change

Clinical nutrition - RD-led Medical Nutrition Therapy

Remote monitoring - Weight and activity tracking (scales, apps/devices)

Tracking - Weight trends and daily health behaviors

Elevate

Behavior change (everything in Core) + Physicians

Care team - Physicians, Advanced Practice Providers, RDs, Health Coaches

Medical treatment plan - Physician-led care including labs, medications, and diagnosis-specific Medical Nutrition Therapy

Condition-focused CBT- Self-directed CBT tailored to medical conditions

Remote monitoring - Weight and clinical monitoring (scales, CGMs, BP monitors, etc.)

Tracking - Clinical markers, treatment response, and daily health behaviors

The Vida difference

Human-centered member experience
Deep one-on-one connections that make members feel seen, heard, and supported at every step

Clinically meaningful results at scale
Early, measurable improvements across your populations, proving impact across risk levels

Precision care based on acuity
Employers pay for the care each member needs, not just a diagnosis

Treating the system, not symptoms
Integrates medical, behavioral, and mental health to drive lasting outcomes and reduce costs

Vida helps clients stabilize metabolic health across their populations with high-quality care — improving member experience while aligning clinical rigor with financial sustainability.

Learn more about how Vida could help your population achieve metabolic control.

Contact Us