

# A new model for metabolic health

Continuous, personalized, data-driven care



Vida and Oura are redefining metabolic care by combining 50+ biometrics and insights with human-led clinical expertise. This approach drives sustained behavior change and measurable health outcomes across populations.

## Closing the gaps in metabolic care

Metabolic care today is episodic and reactive, built around infrequent touchpoints like appointments and labs. At the same time, digital tools and wearables provide valuable data, but on their own, they are often limited in their ability to deliver clinician-led care.

**Vida + Oura introduce a new model:**



**This enables organizations to:**

- Increase sustained member engagement and retention
- Help maintain healthy metabolic markers (weight, blood pressure, glucose cholesterol)
- Reduce total cost of care and support a healthier, more productive population

## How it works

1

### Enroll and equip

Members join Vida and may be eligible to receive an Oura Ring\*

2

### Capture data and insights

Oura continuously tracks sleep, recovery, stress, and activity

3

### Integrate and interpret

Vida combines biometric, clinical, and behavioral data

4

### Act and improve

Vida providers deliver personalized guidance to drive sustained behavior change and outcomes

\*dependent on client terms

## Why Vida + Oura

### From insight to intervention

Continuous signals enable earlier, more precise intervention

### Personalized care that doesn't clock out

Clinical care is tailored to real-time physiology

### Human expertise, amplified by data

Vida providers translate data into meaningful action

### Engagement without overwhelm

Members receive the right guidance at the right time



**Coach Nina**

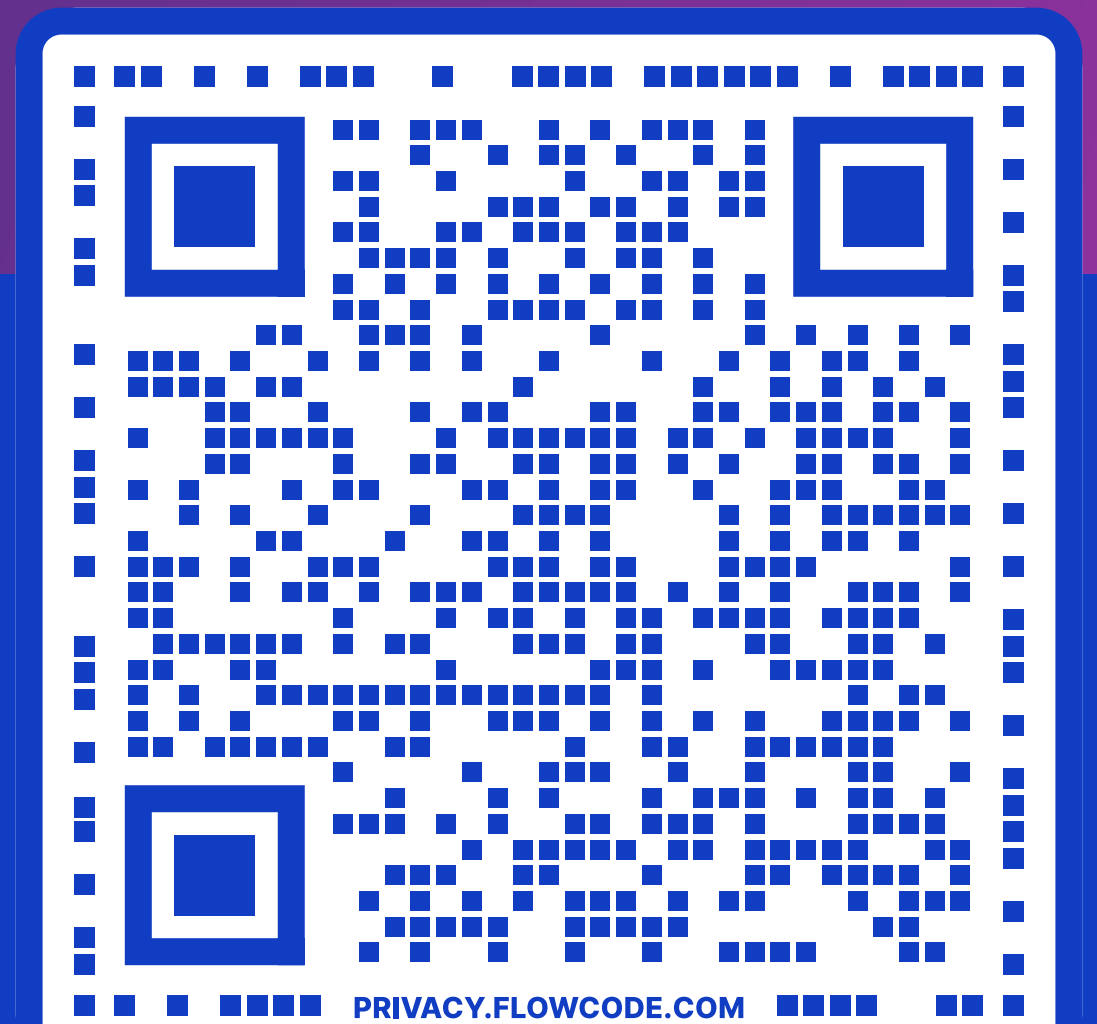
Your recovery is low this week. Let's adjust your activity and prioritize sleep.

## Designed to deliver measurable impact

- **Engagement:** Higher retention and sustained program participation
- **Clinical outcomes:** Improvements in weight and cardiometabolic health
- **Economic value:** Reduced healthcare utilization and improved productivity

Bring continuous, data-driven metabolic care to your population.

Learn more about how Vida + Oura can support your organization.



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