



# Vida's Metabolic Control Framework

## A smarter way to manage metabolic risk

When a client purchases a whole-population cardiometabolic solution, Vida's Metabolic Control Framework recommends members to the right level and intensity of care based on their true clinical complexity. We precisely target appropriate clinical services and behavior modification to improve outcomes and reduce avoidable healthcare costs.



### The Input: The Metabolic Control Index

The Metabolic Control Index (MCI) is a composite clinical scoring framework designed to assess a member's current level of metabolic control, care intensity needs, and acuity level. Rather than relying on a single diagnosis code, the MCI provides a precise, multi-dimensional approach to provide holistic care for individuals living with interconnected metabolic conditions, also known as cardiovascular-kidney-metabolic syndrome.

**The MCI integrates multiple domains to ensure a complete picture of a member's health. The index incorporates, but is not limited to:**

#### Validated clinical assessments

Standardized clinical assessment tools including the ASCVD 10-Year Estimator, Metabolic Syndrome Severity Test, Mini-EAT, Diabetes Risk Test, GAD-7, PHQ-8, and CDC Healthy Days HRQoL-4.

#### Clinical indicators

Objective markers such as glycemic trends, weight trajectory, blood pressure, and lipid parameters.

#### Behavioral signals

Assessments of behavioral consistency such as dietary patterns, physical activity, tobacco use, etc.

#### Clinical complexity

A member's medication burden, comorbidities, and family history.



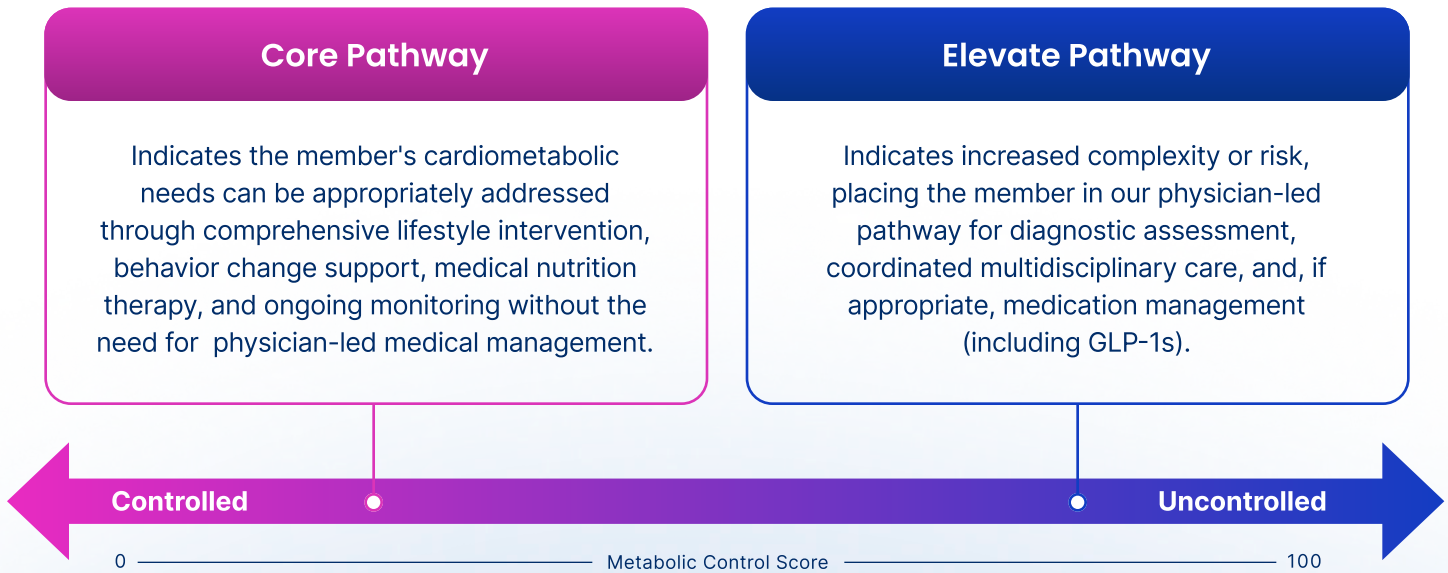
*Note: The MCI is designed to be data-informed but not data-dependent. This allows for clinical judgment when complete data is not immediately available or when, in the best judgment of the treating physician, the patient is better served in an alternative pathway.*



## The Output: The Metabolic Control Score

The numerical output of the index is the Metabolic Control Score (MCS), which is expressed on a standardized scale to allow consistent interpretation across populations.

Vida uses the MCS as a primary input to determine the appropriate level of care intensity for each member at a given point in time.



## Why the Metabolic Control Framework matters for employers

The framework acts as the primary stratification engine for your population's metabolic healthcare needs and to ensure your employee or dependent is not overtreated.



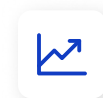
### Delivers the right care at the right time

Most programs rely on diagnosis or claims-based risk tiers. Vida's Metabolic Control Framework evaluates clinical, behavioral, and mental health signals together to determine a member's true level of metabolic control.



### Reduces avoidable healthcare spend

The framework aligns care intensity with true clinical acuity, reserving physician-led care, diagnostics, and medication optimization with members who will benefit most.



### Improves outcomes with a scalable care model

As a member's metabolic health improves, care intensity can step down to maintenance, supporting durable health improvements while scaling efficiently across employee populations.

Build a metabolic control strategy with Vida Health.

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