



FoodMed
CERTIFIED

Calibrate

Certification for:
Outcomes
Expires December 31, 2024



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Table of Contents

| | |
|--|----|
| Company Profile | 3 |
| Executive Summary | 4 |
| Claim Assertion for Validation | 5 |
| Method / Calculation / Examples | 6 |
| Findings & Validation | 8 |
| Limitations | 13 |
| Works Cited | 14 |
| Certificate of Achievement | 15 |
| About FoodMed Certified and Validation Institute | 16 |





Company Profile

Category: Lifestyle and Prevention Program - Obesity

Treatment

Website: <http://joinalcalibrate.com/>

Public or Private: Private

Year Established: 2020

Primary Contact: Tarul Kode

Company contact: info@joinalcalibrate.com

Description Provided by the Company:

Calibrate is on a mission to change the way the world treats weight. As the leading clinician-guided and value-based outcomes model in obesity treatment, **Calibrate** combines medication with transformative behavior change to improve overall metabolic health, driving cost-effective, long-term weight loss results. Recognized by esteemed organizations, including the World Economic Forum's Technology Pioneers, Fast Company's World Changing Ideas, TIME's Best Inventions, and the Employer Health Innovation Roundtable Traction Awards. **Calibrate** is backed by leading healthcare investors, including Madryn Asset Management, and Redesign Health.



Calibrate

Executive Summary



What the company promises

People who use Calibrate's Metabolic Reset program will

- lose weight,
- shrink their waist circumference, and
- keep the weight off after stopping weight loss drugs.

Certified Level:

**Lifestyle and
Prevention Program**

Highlights of the numbers

- At 12 months, participants had lost an average of 16.23% of their original body weight.
- The program retained 60% of the original enrollees. This is somewhat better than other studied programs, who generally retain 45 – 55% of the program starters.
- At 12 months, 59% of the participants had high risk waist circumference (>35" for women; >40" for men) compared to 95% at the program start.
- People who tapered off weight loss drugs kept 88% of their weight loss at 20 weeks.

Keep in mind

These results are for people who volunteered to enroll, paid for the service, and completed at least a 12 month program including regular weight and habit tracking plus coaching sessions. Their results reflect their commitment and follow through. Since data is not available on people's results after they completed or ended the program, the durability of the benefits is not known.

The Bottom Line

The Calibrate program has positive results for people who stay with it.



Claim Assertion for Validation

People who participate in Calibrate's Metabolic Reset program on average lose weight, reduce their waist circumference, and can taper off weight loss medications while still maintaining most of their weight loss.

Calibrate combines lifestyle changes with doctor-prescribed GLP-1 medications. Calibrate doctors ensure members stay on track by regularly checking with members via the Calibrate app. This holistic curriculum targets physiological changes to sustain the impact of medication across key areas of Metabolic Health: food, sleep, exercise, and emotional health. Calibrate uses digital tracking via the Calibrate app, connected scale, Apple HealthKit, Google Fit, and compatible wearables to create sustainable habits.

Additionally, Calibrate thoughtfully matches members with an accountability coach to meet biweekly via virtual video session. This 1:1 coaching empowers members to find solutions to challenges and create a new day-to-day that's sustainable and enjoyable.



Method / Calculation / Examples

This analysis focuses on 16,098 people who enrolled in Calibrate, completed at least a 12 month program that included regular weight and habit tracking plus coaching sessions, and whose records included the needed data. In addition, only participants who had at least one month of access to GLP-1 drugs were included. The following data was gathered:

- Weight
- Body Mass Index (calculated) and BMI category
- Waist circumference and risk category (assigned)

For each participant, the percent of the body weight change from the starting point to 12 months was calculated. Then the average percent change for all participants was calculated.

Similarly, the waist circumference at the program's start and at 12 months were compared. Female were considered high risk if their measure was greater than 35 inches; men were high risk at greater than 40 inches. The percentage of participants in the high-risk category at the start and at 12 months was compared. The average change in inches was calculated, and then tested to gauge whether the change was significant and not just normal variation.

The percentage of people who dropped out or did not meet the minimums was calculated. This gives a measure of the program's ability to attract and retain people.





Method / Calculation / Examples

People were tracked from the date they discontinued weight loss drugs to the end of their participation or to the restart of the drugs. Their weight loss as a percent of starting weight was monitored at 4, 8, 12, 16, and 20 weeks.





Findings & Validation

Table 1 shows the participation milestone, the number of people whose weight data was available, and the average percent of the starting body weight lost. At 12 months, the average participant had lost more than 16% of their starting body weight. Note: The figures include participants who gained rather than lost weight.

| Milestone of Program Participation | Number of People | Average % of Starting Weight Change |
|------------------------------------|------------------|-------------------------------------|
| 3 Months | 16,027 | -6.91% |
| 6 Months | 15,943 | -12.31% |
| 9 Months | 15,673 | -14.44% |
| 12 Months | 14,255 | -16.23% |

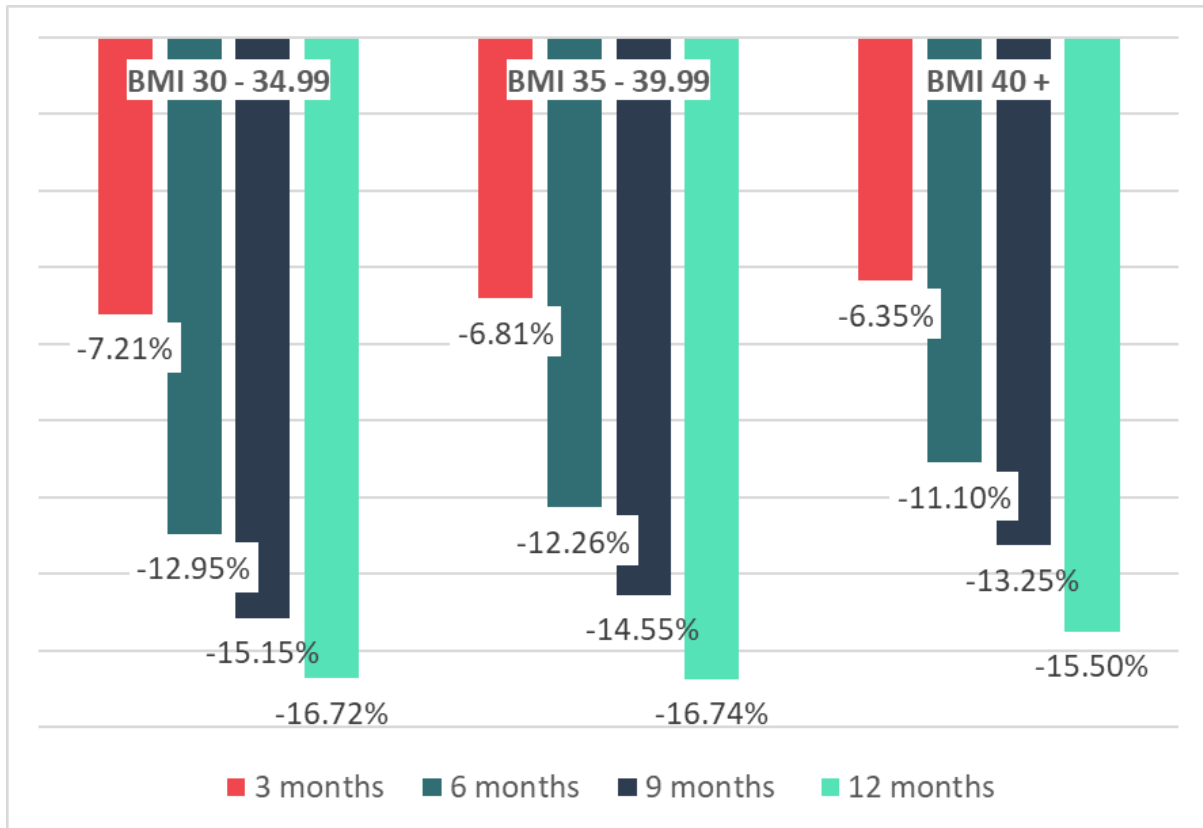
Table 1: Average % of Starting Weight Loss at 3,6,9, and 12 months





Findings & Validation

Graph 1 shows the average percent of starting weight change for Class I Obesity (BMI 30 – 34.99); Class II (BMI 35 – 39.99) and Class III (BMI 40 +) at 3, 6, 9, and 12 months. All three groups showed steady progress in losing weight over the 12 months.



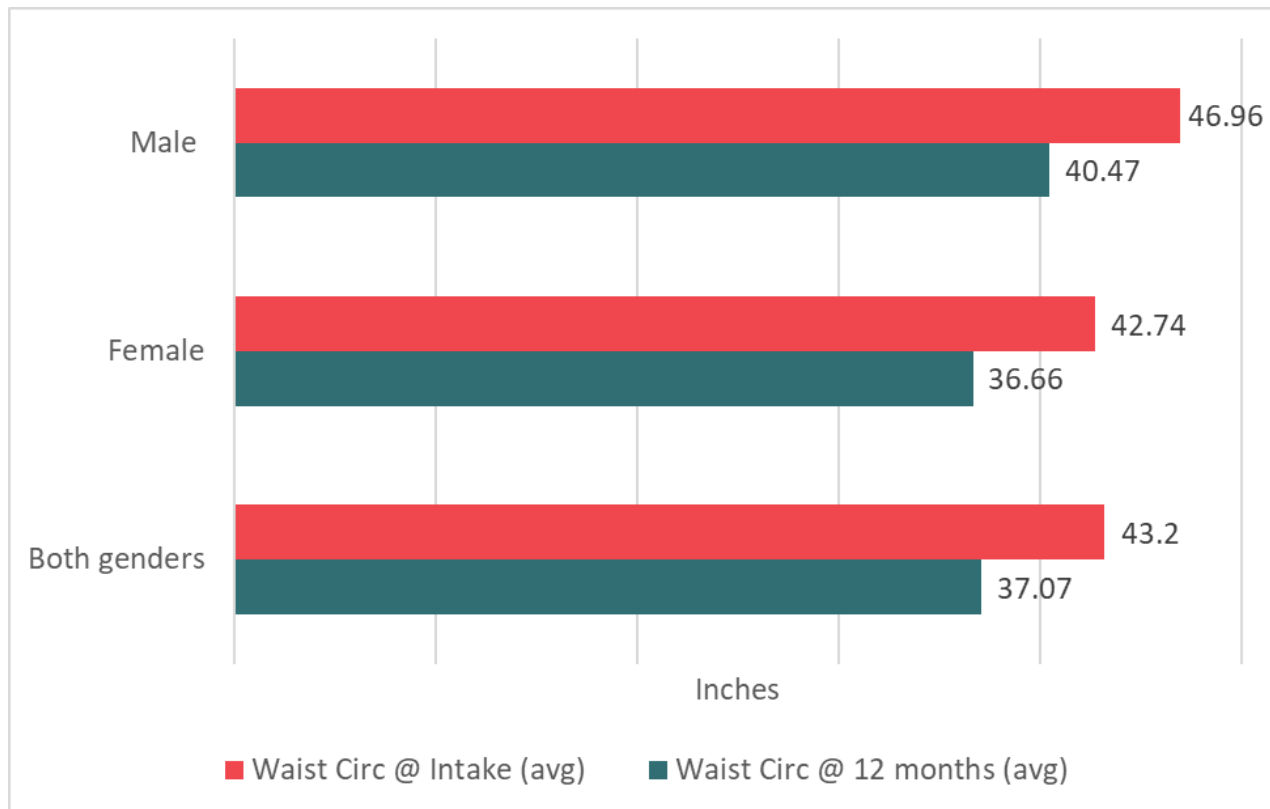
Graph 1: Average % of Starting Weight Loss by BMI category





Findings & Validation

Graph 2 below shows the average waist circumference at intake and at 12 months by gender and for both genders together. The portion of members at high risk (> 35" for women; >40" for men) went from 95% down to 59.8%. This change was significant, and not due to chance or random fluctuation.

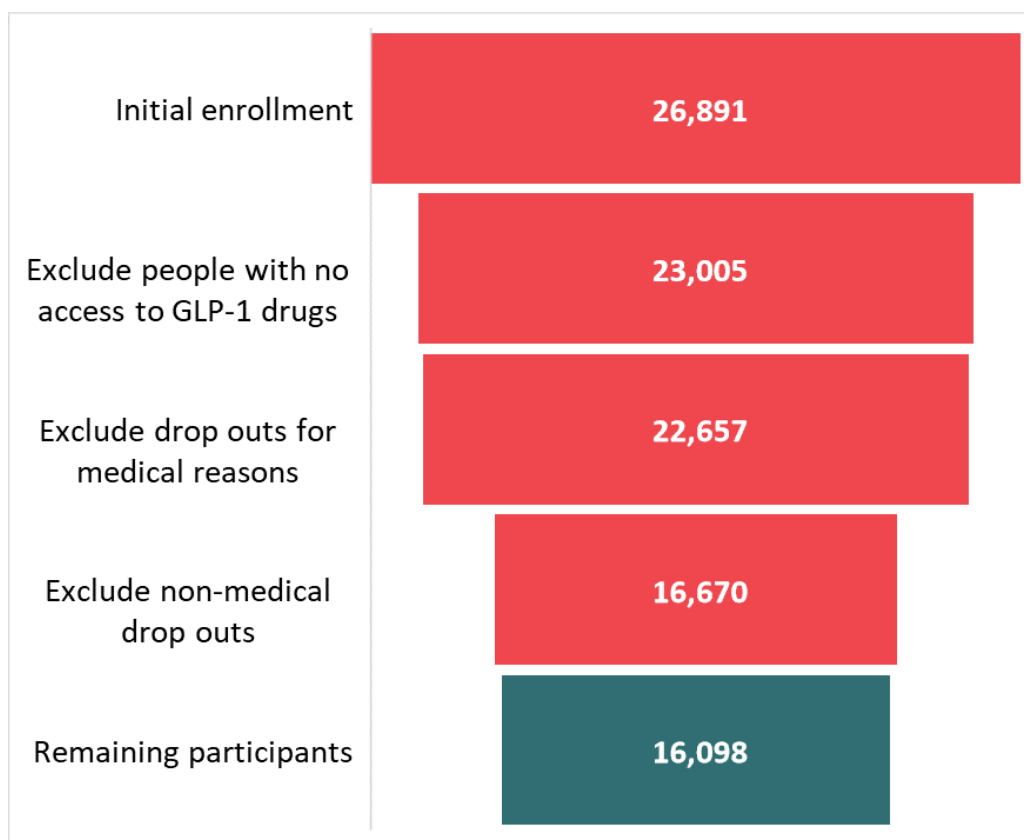


Graph 2: Change in Average Waist Circumference



Findings & Validation

From the enrollment in the Metabolic Reset program as of the fourth quarter of 2022, 60% of the original enrollees met the participation and data requirements to be included in the analysis. The funnel chart below shows the path from the 26,891 people to the count of participants included in the analysis. The program's retention is higher than similar weight loss programs whose attrition ranged from 45% (Dalle Grave R, 2005) to 55% (Ponzo V, 2021).



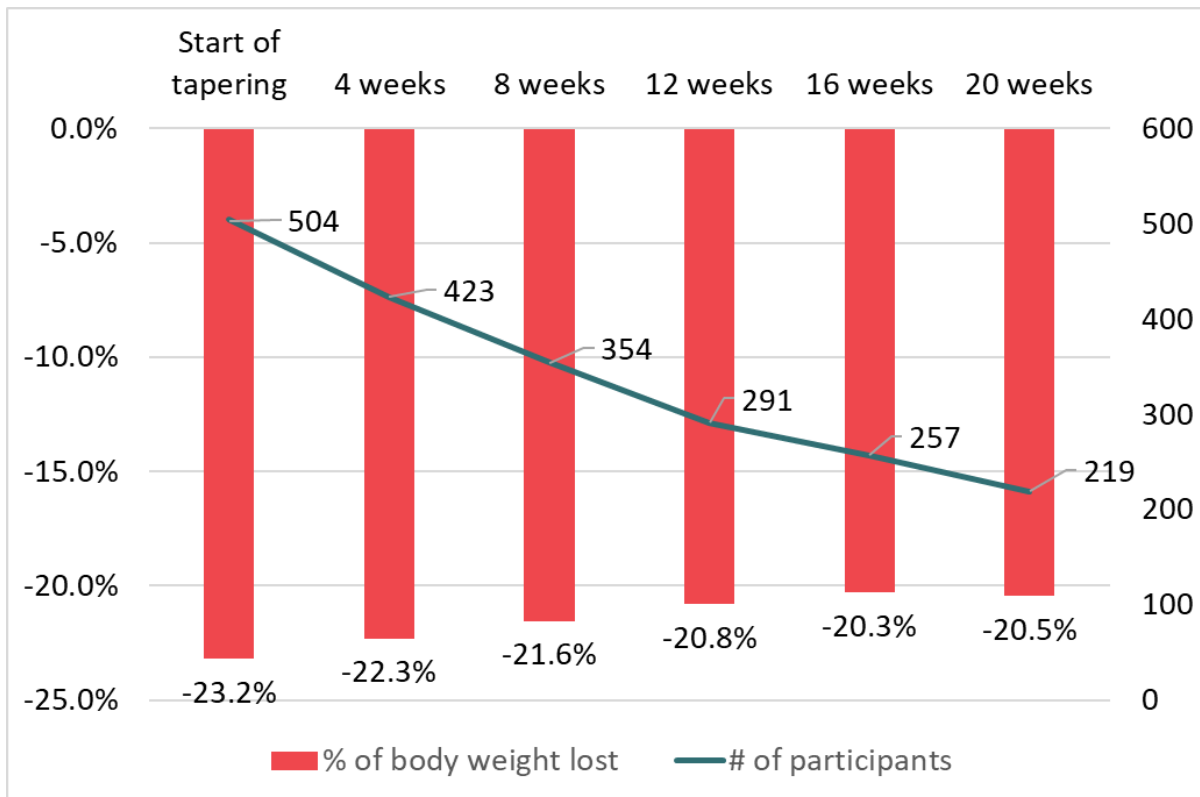
Graph 3: Enrollment Attrition





Findings & Validation

Graph 4 shows the average percent of start weight lost for 504 people who discontinued use of weight loss drugs. At 20 weeks, approximately 20% (n=107) of those who began tapering off had restarted medications. As participants left or completed the program, data on their weight became unavailable. Those remaining maintained, on average, 88% of the weight loss that they had achieved when they started to taper medications; they had regained less than 3% of their starting weight.



Graph 4: Results for Participants Who Tapered Off Weight Loss Drugs





Limitations

The people whose results were analyzed had enrolled voluntarily and paid for the program. Such a person has sought these services and is likely to achieve success. This is true of all such programs and therefore this result is valid for comparability to other programs with similar selection bias.

Data is not available from people after their participation ends. Thus, this analysis does not address how long the positive results may last. "Lost to follow-up" will be true of all such programs and therefore this result should be compared to other programs' results on participants also not lost to follow up.





Works Cited

1. Dalle Grave R, C. S. (2005). Weight loss expectations in obese patients and treatment attrition: an observational multicenter stud. *Obes Res*, 1961-9.
2. Ponzio V, S. E.-D. (2021). Predictors of attrition from a weight loss program. A study of adult patients with obesity in a community setting. *Eat Weight Disord*, 1729-1736.





Certificate of Achievement

Calibrate's Metabolic Reset program

Certified Program

Calibrate

105 West 86th Street Suite 514 New York, NY 10024

Company

Certificate Level: Lifestyle and Prevention Program

People who participate in Calibrate's Metabolic Reset program on average lose weight, reduce their waist circumference, and can taper off weight loss medications while still maintaining most of their weight loss.

February 2024

Award Date

Linda Riddell
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About FoodMed Certified and Validation Institute

FoodMed Certified, a Validation Institute (VI) program, vets and verifies the effectiveness of nutritional programs and tools that enable individuals and employers to manage their health and healthcare solutions. By leveraging VI's validation process for its Food is Medicine program, FoodMed Certified brings transparency to the market by delivering unbiased insights into effective nutritional programs. Validation Institute is a membership organization comprising healthcare vendors, benefits advisors, and managers that offers unbiased, data-driven insights on healthcare solutions and services to drive transparency and cost-savings.

This approach highlights the significance of utilizing data-driven solutions to bring about positive change and encourage healthy habits.

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

