



FoodMed
CERTIFIED

modifyhealth™

**Certification for:
Improved Healthcare Outcomes
Expires September, 2025**



www.foodmedcertified.com/

VALIDATION INSTITUTE, 250 First Avenue, Suite 333, Needham, MA 02494



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Company Profile

Category:	Food as Medicine / Outcomes
Website:	http://www.modifyhealth.com/
Public or Private:	Private
Year Established:	2018
CEO:	G.B. Pratt
Company contact:	customercare@modifyhealth.com

Description Provided by the Company:

ModifyHealth changes lives by making food as medicine simple, effective, and enjoyable for providers and patients. Along with home-delivered, medically tailored meals, **ModifyHealth** provides dietitian support, remote patient monitoring, and education to ensure sustained benefits. **ModifyHealth's** turnkey programs improve outcomes and costs for chronic conditions such as diabetes, heart disease, kidney disease, irritable bowel syndrome (IBS), and related issues where dietary management is a recommended treatment. **ModifyHealth** partners with providers, payors, employers, and patients to make adopting healthier diets and lifestyles a reality.



Claim Assertion for Validation

Participants of FIT™ not only lose weight during the program but also sustain it 20 weeks after the program ends. The positive results from after the program ends show that participants can independently manage their diet and activity; very few weight loss programs show strong post-program results like these.



Program Description

FIT™ offers

Meals:

- A selection of entrée and breakfast items for 14 Mediterranean Diet meals weekly for eight weeks, then seven weekly meals for 12 weeks
- Created in house by a culinary team and Registered Dietitians
- Nutrient-dense vegetables, whole grains, legumes, and healthy fats.
- All recipes contain 30 or less grams of fat per meal, are low in sodium, and carbohydrate conscious.
- Shipped directly to the patient's home from ModifyHealth's kitchen.
- Easy to store and prepare (refrigerated or frozen then heated in the microwave).



Education and Support:

- At least five visits with an assigned Registered Dietitian for 20 weeks.
 - Visits are virtual and convenient for the person's schedule.
 - One RD (Registered Dietitian) throughout the program allows a long term, personal relationship.
- Direct dietary guidance and a framework for sustained health management.





Program Description

- Knowledge and tools needed to continue their health journey independently.

Data collection:

- Cellular-enabled scales for easy, accurate, and real-time data capture.
- Patient self-report to their Registered Dietitian, documented in the electronic medical record.





Method / Calculation / Examples

Sixty-five participants initially enrolled. To enroll, participants had to

- Have one or more health conditions diagnosed related to cardiovascular or metabolic illnesses, such as diabetes or hypertension.
- Not have an illness that would interfere with safely participating.
- Be enrolled for the whole time period in the health plan for the time period. (Note: participants were members of commercial, Medicaid, and exchange health plans.)
- Express willingness to be part of the program.

The data at 8 weeks shows the progress the participant made during the program of meals and counseling. The data at 40 weeks shows how well the participant kept the strategies, without the program's active support.

The program has a low dropout rate (28%) over a longer time period than similar programs: 15 – 59% of people drop out of programs that last 10 – 16 weeks. Koritzky G, Dieterle C, Rice C, Jordan K, Bechara A. Decision-making, sensitivity to reward and attrition in weight management. Obesity (Silver Spring). 2014 Aug;22(8):1904-9.

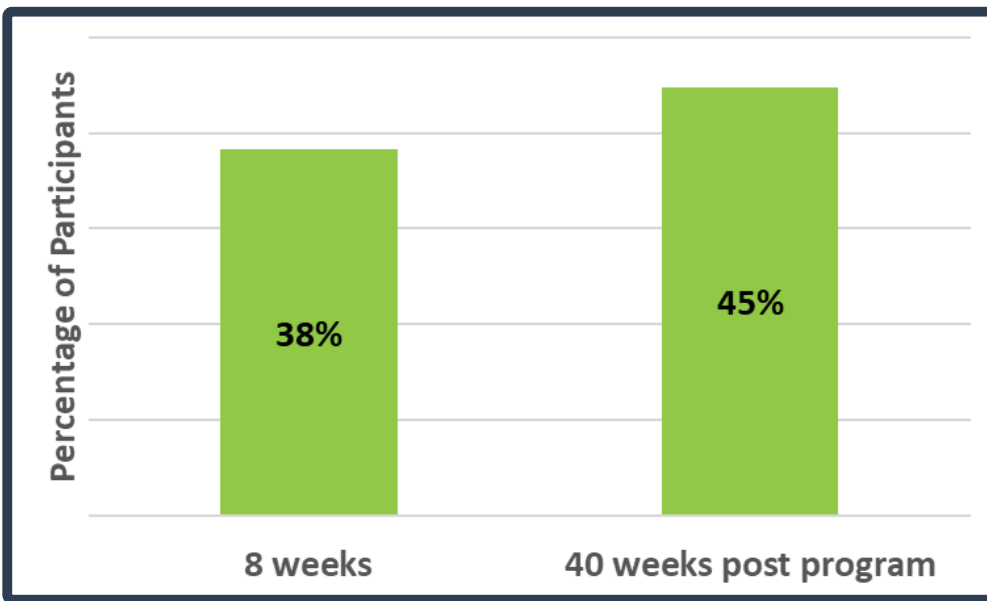
Once enrolled, participants had at least five visits with a Registered Dietitian. The analysis focused on 47 members who completed the program and had data for their weight at enrollment and 40 weeks. Weight data was gathered with cellular enabled scales. The percentage of original body weight lost was calculated at 8 and at 40 weeks (approximately 9 months).





Findings & Validation

Graph 1 tracks the percentage of members that lost at least 5% of their overall body weight, an important clinical indicator. The percentage increased from 38% to 45%, indicating improvement over time and the sustainable impact of the FIT™ program. Thus, at 8 weeks, 62% of participants had not lost 5%, and at 40 weeks, 55% had not lost 5% of their body weight.



Graph 1 - % of patients that lost 5% or more of their body weight

“Even a moderate 5% weight loss has considerable health benefits.”

(Magkos, et al 2016)

The study found decreased levels of these markers for heart disease and diabetes

- glucose,
- insulin,
- triglycerides,
- leptin.

Reference:

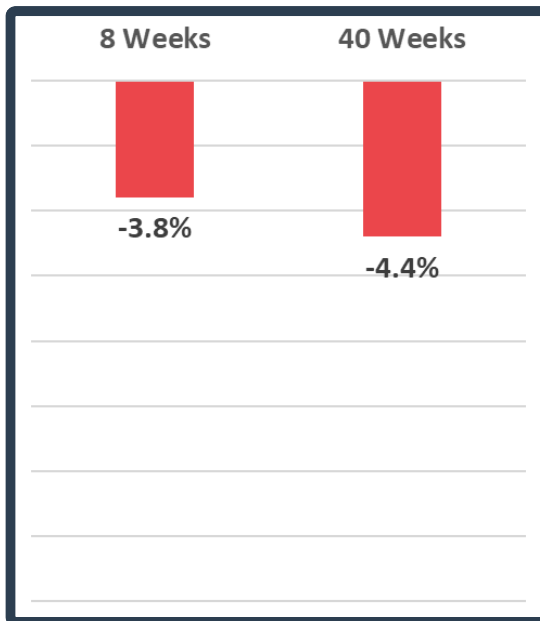
Magkos F, F. G. (2016). Effects of Moderate and Subsequent Progressive Weight Loss on Metabolic Function and Adipose Tissue Biology in Humans with Obesity. Cell Metab, 591-601.



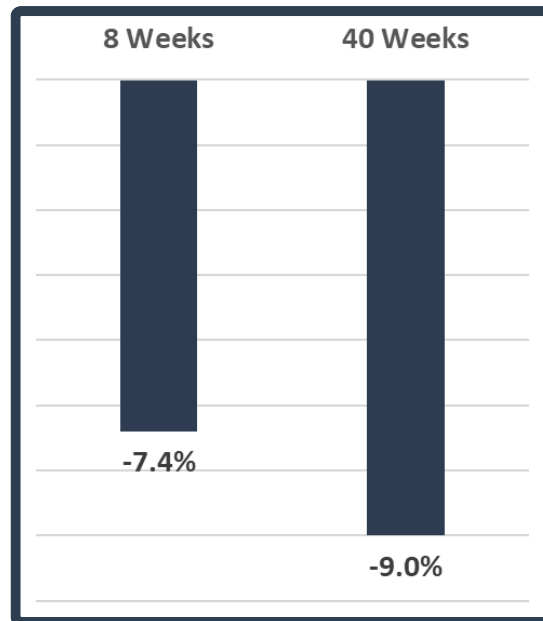


Findings & Validation

Graph 2a tracks the weight loss for all participants at 8 weeks and at 40 weeks. The average percentage of body weight lost increased from 3.8% to 4.4%, indicating improvement over time and sustainable impact of the FIT™ program.



Graph 2a: Average body weight lost - all participants



Graph 2b: Average body weight lost - participants who lost 5% of more

Notably, among participants who lost at least 5% of their body weight (Graph 2b), the average weight loss increased from 7.4% at 8 weeks to 9.0% at 40 weeks, indicating improvement over time and sustainable impact of the FIT™ program. Note: the averages exclude people who lost more than 21% or gained more than 3% of their original body weight.



Limitations

The people whose results were analyzed enrolled voluntarily. All programs lose participants over time and therefore this result should be compared to other programs' results on participants who completed the program.





Validation and Credibility Guarantee

ModifyHealth's FIT™ program achieved validation for **Outcomes**. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee>.

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.



About FoodMed Certified & 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 better manage their employee's health and wellbeing as well as decrease overall healthcare expenses. By leveraging VI's validation process for certifying Food is Medicine tools, platforms and nutritional programs, **FoodMed Certified** brings increased transparency to the rapidly expanding Food is Medicine movement.

Validation Institute is a membership organization comprising healthcare solution vendors, benefits advisors, and healthcare industry experts to offer unbiased, data-driven insights on healthcare solutions and services that drive increased transparency, improved healthcare outcomes and significant healthcare cost-savings.

This approach highlights the significant value from utilizing data-driven nutritional solutions that drive positive healthcare outcomes and encourage healthier habits.

