



ValidationInstitute

2023 Validation Report

Review for: Vori Health
Validation Achieved: Outcomes
Valid through: September 2024

Company Profile



Category:	Musculoskeletal Management
Website:	https://www.vorihealth.com/
Public or Private:	Private
Year Established:	2020
CEO:	Ryan Grant
Company contact:	Hello@vorihealth.com

Description:

Vori Health is an all-inclusive medical practice using a holistic, integrated approach starting with musculoskeletal care. The organization offers full service physical medicine and rehabilitation and sports medicine physician medical care, physical therapy, prescriptions, imaging & lab ordering, health coaching, registered dietitian nutritional guidance, community support and premium instructional content. The team consists of carefully selected, board-certified/licensed clinicians, and provides services that are accessible at the click of a button from the comfort and convenience of a patient's home. **Vori Health** is different from other virtual companies which offer limited services such as only physical therapy, home exercise programs with health coaching, or physician consultations. They believe a fully integrated approach leveraging the skills of many healthcare professions is optimal to help members on their journey towards wellness.



Company Profile

Vori Health was established to deliver a truly elevated, human-centered, patient care experience through multidisciplinary care teams, cutting-edge technology, premium content, and community support.





Claim Assertion for Validation

People who use Vori's telemedicine interdisciplinary care program for low back pain are less likely to use imaging (x-ray and MRI), surgery, or injection services than similar patients. In addition, Vori program participants reduced their level of pain and improved their physical and mental health.



Method / Calculation / Examples

A group of 35 patients who had previous treatment for low back pain were analyzed. The percentage of patients who used injections or surgery was calculated. These rates were compared to published data about low back pain patients.

Patients rated their pain on the Numeric Pain Rating Scale (NPRS) at their first appointment, at 30 days, and when they finished treatment. The pain scores were averaged for each time point. The change in average scores was compared to the minimum change that is meaningful for the person's health status (Minimum Clinically Important Difference or MCID).

Patients rated their health status using PROMIS-10 MH for mental health and PROMIS-10 PH for physical health. These scores were collected at their first appointment and when treatment was complete. The number of people whose score went from the fair/poor range to the good/excellent range was tracked.



Findings & Validation

Table 1 summarizes the portion of Vori patients who received injections or had surgery and the portion of low back pain patients from a published study (Naidu et al, 2022).

	Vori	Multi-disciplinary Care ^	Usual Care ^
Injections	2.86%	19.2%	10.1%
Surgery	2.86%	6.4%	13.0%

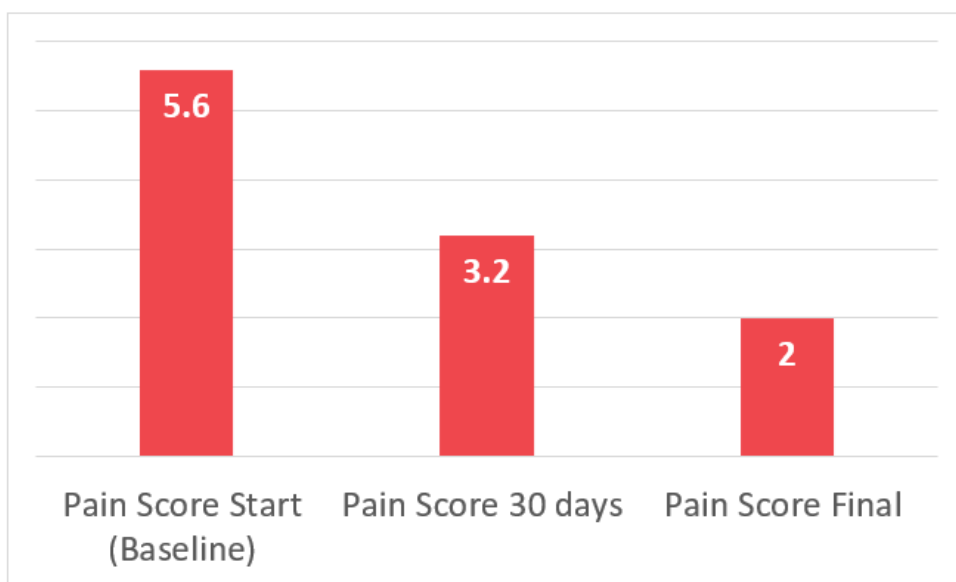
^ Naidu, I.; Ryvlin, J.; Videlefsky, D.; Qin, J.; Mowrey, W.B.; Choi, J.H.; Citron, C.; Gary, J.; Benton, J.A.; Weiss, B.T.; et al. The Effect of a Multidisciplinary Spine Clinic on Time to Care in Patients with Chronic Back and/or Leg Pain: A Propensity Score-Matched Analysis. J. Clin. Med. 2022, 11, 2583.
[https://doi.org/ 10.3390/jcm11092583](https://doi.org/10.3390/jcm11092583)

Table 1: Vori Patients Use of Injections or Surgery vs. Others



Findings & Validation

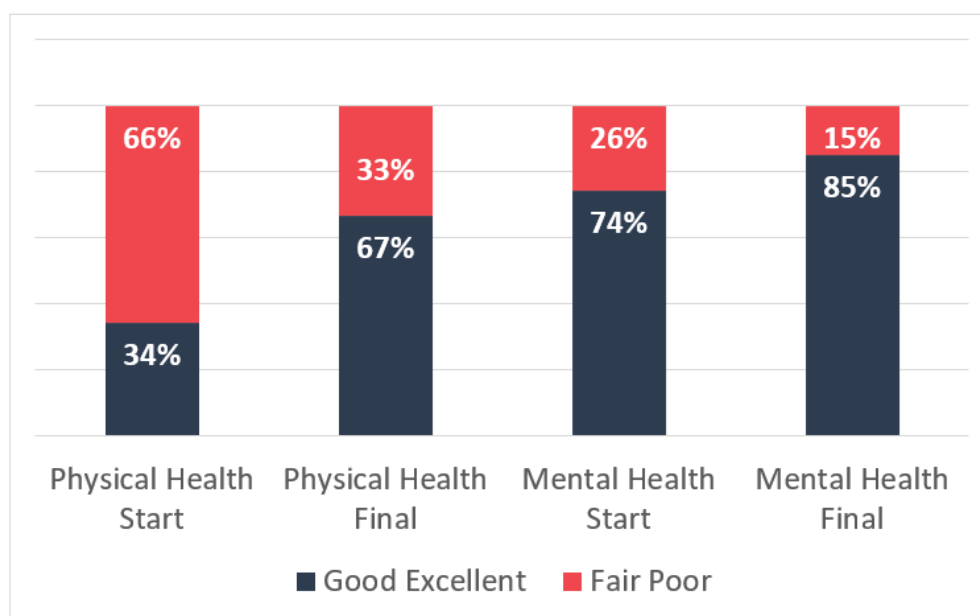
The average pain level at the patients' first assessment was 5.6 (on a scale of 0 to 10). At 30 days, the average pain level had decreased to 3.2, and at the final scoring, the average had further decreased to 2. See Graph 1. A change of 2 is meaningful for a patient's pain. So, the program created meaningful improvement in patients' pain. Overall, 77% of patients had improvement in pain, 20% had no change and one had their pain worsen.



Graph 1: Vori Patients Average Pain Score at start, 30 days and final

Findings & Validation

More patients reported their physical and mental health as “excellent” and “good” at the end of treatment than had at the start. At the final scoring of the PROMIS 10 survey, 67% of patients rated their physical health as excellent or good (compared to 34% at the start); this was a significant increase. The percentage of patients reporting their mental health as Good or Excellent rose from 74% to 85%; this change was not significant. See Graph 2.



Graph 2: PROMIS 10 Physical and Mental Health Scores

Limitations

The group of low back pain patients used for comparison (Naidu et al study) differed from the Vori group of patients. Of the Vori patients 94.3% had previously received care for low back pain (injection, surgery, chiropractic care, physical therapy); the other group had not previously seen a spine specialist and prior therapies such as physical therapy or chiropractic care were unknown. The Vori patients might be expected to have higher rates (than new-to-specialist patients) of injections and surgeries, given their past treatment; thus, the fact that Vori patients had lower rates or surgery than new low back pain patients receiving usual care (evaluation by a spine surgeon) or receiving care from a multi-disciplinary team (surgeon/pain physician/PMR), along with positive pain score results, shows the success of Vori's program.



Validation and Credibility Guarantee

Vori Health low back pain 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.



CERTIFICATE OF VALIDATION

Applicant:	Vori Health New York, NY
Product:	Vori Health's low back pain program
Claim:	People who use Vori's telemedicine interdisciplinary care program for low back pain are less likely to use imaging (x-ray and MRI), surgery, or injection services than similar patients. In addition, Vori program participants reduce their level of pain and improve their physical health status.
Validation Achieved:	Validated for Outcomes
Award Date:	January 2023



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About Validation Institute

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.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.