



Care teams of expert providers help members get healthier



With Vida, your organization can offer high-quality, cost-effective care for multiple conditions in one place. Vida employs providers who practice at the top of their licenses in a wide range of specialties. By creating a diverse care team of multiple providers for each member, we can level up and down care based on their changing physical and mental health needs over time.

Care teams draw from 9 provider types

We have 9 different types of providers on staff to care for the full spectrum of cardiometabolic, mental health, and musculoskeletal (MSK) conditions. All are well-credentialed in their fields and many are bilingual.



- **Registered dietitians**
(RDs with 5+ years experience)
- **Certified diabetes educators**
(CDCESs with 5+ years RD experience)
- **Licensed therapists**
(LCSWs, LMFTs, LPCs, and PsyDs with 5+ years therapy experience)
- **Certified health coaches**
(NB-HWC certification with 5+ years coaching experience)
- **Care navigators**
(LPCs, LCSWs, and LMFTs)
- **Physical therapists (DPTs)**
- **Nurse practitioners (FNPs)**
- **Physicians including endocrinologists and psychiatrists**
(MDs and DOs)
- **Pharmacists** (BSP Pharm and PharmD)

Deep experience serving broad populations

28%

of our RDs have
20+ years of
experience

50%

of our therapists
have 10+ years of
experience

1 in 3

of our providers
are people of color

1 in 5

of our providers
are bilingual
(Spanish-speaking)

Partners trust Vida's high standards of care

All of our providers receive team coaching and regular auditing to boost care standards, undergoing approximately 14 hours of compliance training every year.

Most unique to Vida are the 8 weeks of training in motivational interviewing techniques we give our mental and physical health providers. These cognitive-behavioral-based techniques are highly effective in helping our members achieve lasting behavior change. Providers also get monthly learnings on social determinants of health and other relevant topics.



Example of a real-life Vida care team for a member with multiple conditions



Rebecca Palma

- Certified health coach
- Bilingual, Spanish-speaking
- 9 years experience

Rebecca cares deeply about understanding what drives people to change their health — and lives — for the better.



Ann-Marie Busick

- Endocrinologist
- Licensed in 35 states

Ann-Marie believes strongly in delivering high quality care that's accessible and convenient to all.



Kim Dickson

- Registered dietitian
- Credentialed diabetes educator (CDCES)
- 27 years experience

Kim has a passion for diabetes education and supporting those living with diabetes to live their best lives.



Yulian Cordero

- Licensed marriage and family therapist
- Bilingual, Spanish-speaking
- 10 years experience

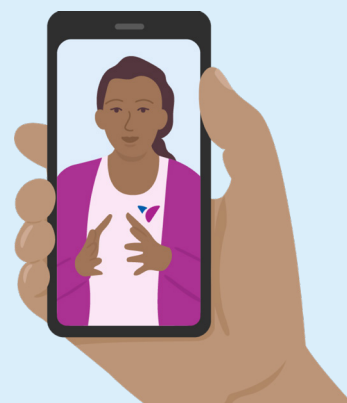
Yulian loves to help individuals take control of their thoughts, feelings, and behaviors.



Rodrigo Quevedo

- Physical therapist
- Bilingual, Spanish-speaking
- Training in spine disorders with McKenzie Institute

Rodrigo loves to empower people with the knowledge and tools to treat and manage their pain.



Want to see how Vida's solution could work for the people in your organization? **Talk to us today to learn more.**

vida.com