

FAQs:

INTERVENT Programs and Services

Provided by Riverview Health and Rehabilitation Center



Who is INTERVENT?



INTERVENT is a provider of credible, trusted and proven health and wellness solutions. INTERVENT has been in business for more than 20 years and over two million individuals have participated in our programs.

Riverview truly values your health. This is why the INTERVENT wellness program is offered as a benefit to you.

RECEIVE A PREMIUM DISCOUNT* ON YOUR HEALTH INSURANCE WHILE YOU OPTIMIZE YOUR HEALTH AND WELLBEING.



TAKE THE ANNUAL HEALTH RISK ASSESSMENT



SUBMIT LABWORK AND BIOMETRICS



COMPLETE A TOBACCO AFFIDAVIT

Complete all requirements by May 31, 2026

What is the INTERVENT HRA?

The HRA is a questionnaire about your health history, risk factors and lifestyle habits. It only takes about 15 minutes to complete. It's available in English and Spanish.

Once completed, you receive a personalized wellness report that identifies your health risks. It also summarizes steps you can take to benefit your health.



All personal health information collected is completely confidential. Use of the information follows the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and other relevant federal laws and guidelines. INTERVENT never shares personally identifiable health information with South University or sells information to other parties.

What labwork do I need to submit?

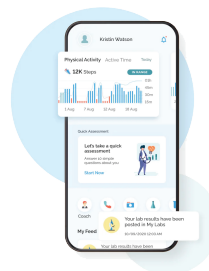
After completing the HRA, you have the option to submit a copy of your labwork from your personal doctor to INTERVENT or obtain a free blood screening from a local Labcorp facility. Required blood tests includes total cholesterol, triglycerides, LDL ("bad") cholesterol, HDL ("good") cholesterol and glucose or A1C. Fasting blood test results are preferred but not mandatory.

What does the tobacco affidavit entail?

If you are tobacco free or participate in the INTERVENT health coaching program, you will qualify for the discount on your health insurance premiums. A smoking cessation orientation will be available to you. Your smoking status must be verified by a Tobacco Affidavit and submitted to Lisa Williams.

What do I do once I learn my results?

Your HRA report contains a wealth of information that has been individualized for you. Review your report and consider enrolling in one of the web-based self-help or telephonic coaching programs that are available to all employees on an eligible medical plan and covered spouses free of charge. Onsite coaching is also offered twice a month.



Use the INTERVENT app to complete your wellness requirements! Simply create a profile with INTERVENT and then download the app for free!

*For the 2026/27 year.

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Learn about the INTERVENT Health Coaching Program

What is the INTERVENT health coaching program?

It's a confidential program to help you improve your health and wellbeing by making and sustaining healthy lifestyle changes. You'll be paired with your own health coach who will work with you over the phone or in person to give you individualized support, encouragement and expert guidance.

You can choose to focus on any combination of these lifestyle areas (and several others, if needed):

- Eating healthfully
- Being more physically active
- Coping with stress
- Losing weight or avoiding weight gain
- Sleeping better
- Giving up tobacco
- Preventing or managing high blood pressure and high cholesterol
- Preventing and managing prediabetes and diabetes
- Getting the preventive exams and immunizations you need

INTERVENT HEALTH COACHES:



ARE SPECIALLY TRAINED, EXPERIENCED HEALTH PROFESSIONALS



HOLD A MINIMUM OF A HEALTH-RELATED, FOUR-YEAR DEGREE



TRULY CARE ABOUT THE WELL-BEING OF THE PARTICIPANTS



What is the INTERVENT diabetes management program?

INTERVENT's diabetes management program is a specialized telehealth coaching program. If you're eligible, you will receive individualized health coaching and your own glucose monitoring system, all at no cost to you. Your professional health coach will help develop a self-care plan that fits your lifestyle. You'll also get personalized support and guidance related to your glucose readings. The goal is to help you feel your best every day and avoid complications of diabetes in the future.



I'm pregnant. Can I participate in health coaching?

Yes. INTERVENT has a lifestyle management coaching program designed for women who are pregnant or who are planning to become pregnant. You will receive a free copy of the *Mayo Clinic Guide to a Healthy Pregnancy*. After your baby is born, your health coach will help you manage aspects of your lifestyle during the postpartum period.



In addition to benefiting your health, by participating in coaching you can earn points to be eligible for chances to win gift cards from INTERVENT ranging from \$25 to \$500.



Interested in GLP-1s? Ask about our weight management coaching program.



INTERVENT offers a "world class program." Participants in the telephonic lifestyle health coaching program rate the program as "excellent."



To complete your HRA and/or enroll in a program go to www.myintervent.com/riverview or call **855-494-1093**.