

FAQs:

INTERVENT Programs and Services

South University provides staff and faculty members the opportunity to participate in the INTERVENT wellness program. It's free* and completely confidential.



About the INTERVENT Wellness Assessment

Why should I participate in INTERVENT services?

Everybody can benefit from making lifestyle changes to improve their overall health and well-being. INTERVENT can help you be your best self! There's something for everyone.

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.

South University truly values your health. This is why the INTERVENT wellness program is offered as an additional wellness benefit to your Anthem rewards.

What is the INTERVENT Wellness Assessment?

The INTERVENT wellness assessment includes questions about your health and well-being. It takes less than 15 minutes to complete. It's available in English and Spanish.

Once completed, you receive a personalized wellness report that provides a wellness score to show how you are doing with your own health and how you compare to your peers. It also identifies your health risks, provides realistic goals and summarizes steps you can take to benefit your mental and physical health. Your answers are also used to generate an individualized action plan for your health coaching program, if you choose to participate.

Is my personal information confidential?




Yes. 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.

Do I need to complete a blood screening?

Yes. After completing the wellness assessment, 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.** Recommended 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.



INTERVENT IS:

-  Private and confidential
-  Offered to you at no cost
-  Trusted, credible and proven to work

*Available to all South University staff and faculty members on an eligible medical plan.

**At home tests are available to individuals who do not live near a Labcorp facility.



About the INTERVENT Telephonic Health Coaching Program

What is the health coaching program?

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

How much time is required to participate in the coaching program?

The first session requires approximately 30 minutes. All other sessions are approximately 15 minutes. Your recommended number of coaching sessions is based on your personal health needs as identified in the wellness assessment.

What are the qualifications of the coaches?

INTERVENT lifestyle health coaches are specially trained health professionals with a minimum of a four-year college degree in a health-related field. Many have advanced degrees. Each coach is an experienced professional who truly cares about the well-being of the participants.



NEW TO 2024!

Coaching participants can download the INTERVENT app for free. Easily track your health habits, receive notifications for motivation and access your program resources.



What is the INTERVENT Diabetes Management Program?

INTERVENT's Diabetes Management Program is a specialized telehealth coaching program, nationally accredited by the prestigious Association of Diabetes Care & Education Specialists. 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 the INTERVENT lifestyle health coaching program?

Yes. INTERVENT has a lifestyle management 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 my health, is there an incentive to participate in the coaching program?

Yes. To provide extra motivation to get started and make the program fun, participants earn points to be eligible for monthly, quarterly, semi-annual and annual drawings. Gift cards from INTERVENT range in value from \$25 to \$500.

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



Go to www.myintervent.com/southuniversity or call **855-494-1093** to get started on your health and wellness journey.