

FAQs:

INTERVENT Programs and Services

South University provides employees 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.

EARN WELLNESS INCENTIVES WHILE YOU IMPROVE YOUR WELL-BEING:



TAKE THE INTERVENT WELLNESS ASSESSMENT

Complete the wellness requirement by October 31, 2020**

*Available to all South University employees on an eligible medical plan.

**Future employees must complete within two months of becoming eligible for benefits.

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Do I need to complete a blood screening in order to earn wellness incentives?

No. Your health and safety are most important to South University. That is why this year, due to the COVID-19 pandemic, a health screening is an optional part of the wellness assessment and will not affect your wellness incentives.

You have the option of self-reporting your blood test results. This includes total cholesterol, triglycerides, LDL ("bad") cholesterol, HDL ("good") cholesterol and glucose or A1C. Fasting blood test results are preferred but not mandatory.

When are wellness incentives rewarded?

Effective January 1, 2021 all employees enrolled in an eligible medical plan who complete the wellness assessment enjoy reduced premiums on their current bi-weekly medical deductions.

If you are enrolled in the high deductible medical plan, you will also receive \$200 deposited into your HealthEquity HSA, within one month upon completion of your INTERVENT wellness assessment.



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About the INTERVENT Telephonic Health Coaching Program

What is the telephonic lifestyle 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 HRA.

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.

INTERVENT rewards continued participation with INTERVENT keys. Earn 1,000 points in the 2020 program year to earn a key. When you earn two keys or more, you will be eligible for the annual grand sweepstakes – a \$2,500 gift card.



What is the INTERVENT Diabetes Management Program?

A special version of the INTERVENT telephonic coaching program is available for employees with diabetes. If you qualify, you will be coached by a Certified Diabetes Educator (CDE) and receive your own POGO Automatic® blood glucose monitoring system at no cost. POGO Automatic® is the only one-step™ blood glucose meter that automates the entire testing process. All with no strips or lancets. Plus, you can easily share and discuss your results with your INTERVENT health coach.

I'm pregnant. Can I participate in the INTERVENT lifestyle health coaching program?

Yes. INTERVENT has an enhanced version of its comprehensive 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 \$100 to \$2,500.

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.