

# FAQs:

## INTERVENT Programs and Services Provided by Health Begins From Within



### About the INTERVENT Health Risk Assessment (HRA)

#### 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.

#### 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.

#### 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 or sells information to other parties.



### About the INTERVENT Health Coaching Program

#### 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.



#### What is the INTERVENT 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.

### COULD YOU BENEFIT FROM?

- 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



## About the INTERVENT Health Coaching Program cont.

### 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.

### What are the self-help programs?

These online lifestyle management programs are designed so that you can work at your own pace. To get started you must first complete an HRA.

### May I participate in more than one program at the same time?

No. You may enroll in only one self-help program at a time. However, you may participate in additional programs during the course of the year.

**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/healthbfw](http://www.myintervent.com/healthbfw) or call **954-829-3416**.