

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 in order to earn wellness incentives?

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.** 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.

When are wellness incentives rewarded?

Effective January 1, 2024 all staff and faculty members enrolled in an eligible medical plan who complete the wellness assessment and submit labwork will enjoy reduced premiums on their bi-weekly medical deductions. Medical plan rates will be released prior to Open Enrollment in fall of 2023.

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 wellness requirements.



EARN WELLNESS INCENTIVES WHILE YOU IMPROVE YOUR WELL-BEING:



TAKE THE INTERVENT WELLNESS ASSESSMENT



SUBMIT YOUR LABS

Complete both wellness requirements by September 30, 2023

*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 2023! Although health coaching is optional, the first 100 participants to complete four coaching sessions* by 12/31/23 will receive a \$100 gift card from South University.



What is the INTERVENT Diabetes Management Program?

A specialized version of the INTERVENT telephonic coaching program is available for staff/faculty with diabetes. If you're eligible, you may be coached by a Certified Diabetes Care and Education Specialist (CDCES) and receive your own POGO Automatic® Blood Glucose Monitoring System at no cost. POGO Automatic is the only FDA-cleared, **One-Step™** blood glucose monitor with 10-test cartridge technology that does all the work of lancing and blood collection for you, ending the need for separate lancets and separate test strips. The Patterns® for POGO Automatic app syncs with POGO Automatic and provides data that can help you track and manage blood glucose results. 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 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.

*First coaching session must be completed by 9/30/23 to qualify.