



CardioSmart[®]

American College of Cardiology

@Work

PROVIDE YOUR EMPLOYEES WITH A GUIDELINE-BASED WELLNESS PROGRAM THAT WORKS!

Your employees are one of your most valuable assets. Now you can enroll your employees in wellness programs that support guideline-based medical care and have been proven to work. **CardioSmart@Work** supplies a network of multi-faceted resources designed to help prevent and manage cardiovascular disease and its associated risk factors.

CardioSmart@Work resources include:

- Health risk assessments
- Self-help lifestyle management and cardiovascular disease risk reduction programs
- Telephonic lifestyle health coaching programs
- Health-oriented messaging, including via text messaging
- Incentive-based programming (both participant and clinical outcome driven)
- Challenges and a vibrant, active on-line community
- Robust analytics, data mining, research and aggregate outcome reporting capabilities
- Health promotion and disease prevention consultative services for planning, development and evaluation
- Special offerings for smaller employers (including for cardiology and other physician practices)

Together, **American College of Cardiology** and **INTERVENT** provide immense expertise. This unprecedented partnership allows your company or practice easy access to trusted resources and content for healthy employees and for those at risk. Programs are integrated with each individual's regular medical care and can be backed by a performance-based guarantee of success.

For pricing options and other information,
contact us at cardiosmart@myintervent.com!



AMERICAN
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FREQUENTLY ASKED QUESTIONS

What is INTERVENT?

Founded in 1997, INTERVENT is a physician-led, global health management company that is dedicated to optimizing the health of as many people as possible by offering affordable and cost-effective access to credible, evidence-based lifestyle management programs and chronic disease risk reduction services. The ACC selected INTERVENT as its CardioSmart@Work partner because INTERVENT programs have been proven effective in numerous published studies, including independently-conducted randomized clinical trials. More than 1.5 million individuals have participated in INTERVENT programs, including employees of numerous multi-national Fortune 500 companies and patients from 50 medical centers in the United States as part of a multi-center clinical trial funded by the National Institutes of Health. Visit www.myintervent.com for information about INTERVENT and its capabilities, publication record and results, experiences and more.

Are behavioral interventions included with CardioSmart@Work?

Yes. Two core sets of interventions are provided: coach-assisted interventions and individual self-help programs. Coach-assisted interventions provide one-on-one counseling over the telephone and Internet to participants by specially trained non-physician health professionals. These sessions are comprehensive in nature and target multiple behaviors and risk factors in an integrated fashion. Individual self-help programs are web-enabled and typically target a single major behavior.

What areas are addressed by CardioSmart@Work programs?

Primary areas of focus include:

- Physical activity/exercise training
- Nutrition

- Weight management
- Stress management
- Tobacco cessation (smoking and smokeless)
- Sleep disorders/fatigue management
- Cardiovascular disease and its risk factors, especially coronary heart disease, stroke, high blood pressure, abnormal cholesterol/triglycerides, metabolic syndrome, pre-diabetes/diabetes

What's included in the comprehensive coaching program?

Coaching is delivered by specially-trained non-physician health care professionals using multimedia technology and state-of-the-art behavior change techniques. Components of the coaching program include the following:

- Health risk assessment report
- Risk factor goals and action plan
- Physical activity/exercise training plan
- Meal plans, including for weight loss or weight management
- Stress management
- Tobacco cessation (if needed)
- Schedule for preventive care
- Social support/motivation for behavior change
- Follow-up assessments and progress reports

As a physician, why should I use CardioSmart@Work for my employees?

As an employer, your business is more likely to thrive if your employees are happy, healthy and productive. In addition to being more productive, healthy employees utilize health care services less, saving your company direct and indirect costs associated with absenteeism, presenteeism, accidents and illnesses. An added benefit for physician practices is having employees who serve as healthy role models for your patients.

Is a version of CardioSmart@Work available for my patients?

Yes. The same programs that are available for your employees are also available for your patients for an affordable fee. By offloading patient education and counseling to INTERVENT, you and your staff are relieved of time burdens and overhead expenses while enhancing patient care. If you choose to provide certain components of the INTERVENT service, you can create a new revenue stream for your practice. Allowing your staff the opportunity to participate in CardioSmart@Work, means they have first-hand experience with the same programs that you can recommend for your patients.

What's included in the program for my patients?

Your patients receive the same resources as CardioSmart@Work participants with some additional enhancements. Your practice receives the following benefits:

- Credible lifestyle management programs for your patients
- Improved quality of cardiovascular care
 - Adherence to clinical guidelines
 - Documentation for patient charts
- Improved patient outcomes
 - Increased compensation as part of pay-for-performance and risk-sharing initiatives
- Increased revenues
 - Increased patient compliance with office visits
 - Provision of additional needed services
 - Option for additional compensation for review of participants' INTERVENT baseline and follow-up reports
- No added overhead or operating burden to the practice
- Group outcomes reports for the practice

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