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Contact: Chip Faircloth, Executive Vice President
chip@myintervent.com

INTERVENT International Health and Wellness Coach Training and Education Program Receives Full NBHWC Approval

On January 5, 2021, INTERVENT International received full approval of its health and wellness coach training and education program by the National Board for Health & Wellness Coaching (NBHWC) under the most recent standards. The approval is for a period of three years.

“The mission of NBHWC is to lead the advancement of health and wellness coaching by establishing standards and collaborative”

In July 2015, the International Consortium for Health and Wellness Coaching (now NBHWC) launched a transitional approval process for training programs, which resulted in the recognition of programs that met the original standards. In December 2015, INTERVENT International was among the first training organizations approved as a transitional program.

In September 2018, the NBHWC Program Approval Commission released its new, more rigorous process – one that comprehensively identified health and wellness training programs that were providing curricula commensurate with the job task analysis. The standards that programs must meet and adhere to for approval include the following:

- Provide a minimum of 75 instructional hours of synchronous and asynchronous training and education that cover the Health & Wellness Coach Certifying Examination content outline – Training and education must be developed and delivered by a skilled team of faculty members that meet specific guidelines.
- Ensure that students can demonstrate practical coaching skills with faculty-led developmental feedback provided using the NBHWC practical skills guidelines

Since 2016, the NBHWC has collaborated with the National Board of Medical Examiners to provide a robust board certification examination. Graduates of NBHWC-approved training programs are eligible to apply to sit for the National Board Examination. Currently more than 3,000 National Board Certified Health & Wellness Coaches hold the NBC-HWC credential. The esteemed NBC-HWC credential allows for the professional to advance in all aspects of health care and wellness.

INTERVENT International is a pioneer in the health coaching industry, having provided formal training for health coaches since 1997. Numerous coaches have been trained by INTERVENT for lifestyle management, chronic disease management, maternity lifestyle management, diabetes prevention and management, cardiac rehabilitation, physical activity promotion and other programs (both for INTERVENT's internal programs and for programs delivered by other organizations, including customized coach training programs). Training has been provided for health coaches residing in the United States, Canada and multiple foreign countries. Many published outcomes studies, including third-party evaluations, have demonstrated the clinical and economic effectiveness of INTERVENT's coaching programs with diverse participant populations.

Dr. Neil Gordon, chief executive officer and medical director of INTERVENT International states, "The chronic disease and COVID-19 pandemics have combined to create a 'perfect storm' in which each is contributing to the worsening of the other. Employers, health insurers and others can no longer afford NOT to implement meaningful, proven chronic disease prevention and management health coaching programs – the cost is simply too great. One of the keys to providing highly effective services is to use exceptionally well-trained health coaches. We congratulate the NBHWC for the leadership role they are playing and are proud to have received full approval of our health and wellness coach training and education program from the NBHWC."

More information about the National Board for Health & Wellness Coaching is available at www.nbhwc.org.

About INTERVENT

INTERVENT International is a physician-led, global, technology-driven behavior change and population health management company that provides its services primarily via digital and telehealth approaches. INTERVENT develops, tests and provides (directly and via SaaS) evidence-based, technology-enabled, data-driven programs for the prevention and management of multiple chronic diseases and cost-drivers. The primary purpose of INTERVENT's programs is to improve individual- and population-based measures of health and productivity while simultaneously reducing healthcare costs and enhancing overall wellbeing and quality of life. INTERVENT's programs have been proven effective in more than 100 published scientific abstracts and manuscripts, including randomized and independently-conducted clinical trials published in prestigious peer-reviewed scientific journals. The programs provide unique solutions for employers, health insurers, healthcare systems, physicians and other health professionals, individual consumers and others. INTERVENT's programs have been successfully used to serve numerous clients on multiple continents and in a variety of languages via web-based and telehealth initiatives. For more information, visit www.interventhealth.com or email info@myintervent.com.