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INTERVENT International Receives National Approval as Health Coach Training Program

Savannah, GA (December 7, 2015) – INTERVENT International (INTERVENT), a leading provider of evidence-based lifestyle management and chronic disease risk reduction solutions, announced today that the National Consortium for Credentialing Health & Wellness Coaches (NCCHWC) has accredited its health coach training program.

When approving INTERVENT's health coach training program, a spokesperson from the NCCHWC operations staff said, "The National Consortium for Credentialing Health & Wellness Coaches is delighted to announce that INTERVENT has qualified to become an Approved Transition Program per the NCCHWC's standards. As a result, health and wellness coaches who have met NCCHWC's requirements and completed INTERVENT's Health Coach Training Program will qualify to sit for the national exam to be launched in 2016. The NCCHWC is in a time of deep collaboration with health and wellness coach training programs that are working diligently towards creating a national standard which will help further professionalize and advance the field of health and wellness coaching."

NCCHWC requirements for approval of programs during the transition phase include the following:

- Students are required to learn and practice specific coaching tasks identified in the NCCHWC job task analysis in a minimum of 30 real-time, synchronous contact hours of training and educational classes or sessions.
- Programs must deliver an assessment of a student's demonstration of practical skills.

INTERVENT's health coach training program meets and exceeds the NCCHWC requirements for certification.

INTERVENT is a pioneer in the health coaching industry, having provided formal training for health coaches since 1997. Over the years, numerous coaches have been trained by INTERVENT for lifestyle management, chronic disease management, maternity 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. Numerous published outcomes studies, including third-party evaluations, have demonstrated the clinical and economic effectiveness of INTERVENT's coaching programs with diverse participant populations.

Health coaches, trained and certified by INTERVENT, provided telephone lifestyle health coaching for all patients participating in a recently completed large multi-center study (SAMMPRIS; involving 50 US-based medical centers) funded by the National Institutes of Health (NIH). Based on the success of the health coaching provided by the INTERVENT trained/certified coaches in the SAMMPRIS study, INTERVENT (again, using health coaches trained and certified by INTERVENT) was subsequently selected to provide telephone lifestyle health coaching to all patients from 120 medical centers as part of the multi-center clinical trial, CREST-2, which commenced in late 2014 and was funded by the NIH for a total of almost \$40 million. The prestigious 47,000-member American College of Cardiology selected INTERVENT as the telephone lifestyle health coaching provider for a major national initiative (*CardioSmart OnCall*) targeting physicians, patients, employers and the public at large. All *CardioSmart OnCall* health coaches are trained and certified by INTERVENT.

Dr. Neil Gordon, chief executive officer and medical director of INTERVENT International states, "We're proud to be one of the health coach training programs approved by NCCHWC during the transition phase. We believe the proven effectiveness of INTERVENT's lifestyle management and chronic disease risk reduction programs over the past 20 years or so will help rapidly advance the field of health and wellness coaching to the point where it becomes a standard of care in the prevention and management of heart disease, stroke, diabetes, cancer and other chronic medical conditions."

More information about the National Consortium for Credentialing Health and Wellness Coaches may be found at www.ncchwc.org.

About INTERVENT

INTERVENT International is a global company that develops, licenses and provides evidence-based programs for the prevention and management of cardiovascular and other chronic diseases. The primary purpose of INTERVENT's programs is to improve individual and population-based measures of health while simultaneously reducing healthcare costs and enhancing productivity. The programs provide unique solutions for employers, health insurers, healthcare systems, physicians, 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 telephone call centers and the Internet. For more information, visit www.myintervent.com or email info@myintervent.com.