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INTERVENT to Participate in “Activate” – The Remote Cardiac Rehabilitation Activation Study

Savannah, GA (July 20, 2016) – INTERVENT International (“INTERVENT”) announced today that it has been selected to provide its telehealth coaching program to participants in the Remote Cardiac Rehabilitation Activation Study (“Activate”). The one year study, which is scheduled to begin in July, 2016, has been funded by the University Hospital Foundation, made possible by a gift from the Jim Pattison Foundation, to support research in cardiac rehabilitation conducted at the Mazankowski Alberta Heart Institute and the University of Alberta, Edmonton, Canada.

Cardiac rehabilitation has numerous benefits in the secondary prevention of heart disease, including reducing cardiovascular events, cardiovascular mortality and overall mortality. Unfortunately, over 32 percent of patients referred for on-site cardiac rehabilitation in Northern Alberta decline to participate. The aim of the “Activate” study is to determine the efficacy of remotely-delivered cardiac rehabilitation on cardiovascular fitness, cardiovascular disease risk factor reduction, exercise adherence, health-related quality of life, physical function, program completion, costs and cost effectiveness.

This matched control-cohort study will enroll 122 adult patients with cardiac disease to one of two groups: the “Activate” intervention or the control group (usual care/on-site cardiac rehabilitation program). All patients will be seen at the Pattison Centre for Heart Health or at Glenrose Rehabilitation Hospital for baseline and follow-up assessments. “Activate” patients will participate remotely in INTERVENT’s telephonic and online lifestyle health coaching/cardiovascular disease risk reduction program. The INTERVENT program provides education on cardiovascular disease risk factor reduction and management and behavior change processes to help patients eat healthfully, be physically active, manage weight, cope with stress and, if applicable, give up tobacco. It also provides access to resources from the American College of Cardiology’s CardioSmart patient education initiative. The “Activate” patients will be given an activity tracker (FitBit) and have access to a total of 12 INTERVENT telephonic health coaching sessions (each lasting 15 to 30 minutes) over a six-month period. Patients in the control group will receive eight on-site cardiac rehabilitation sessions of supervised exercise plus education classes. All patients will be re-assessed after eight weeks, six months and one year.

Dr. Mary Forhan, Assistant Professor, University of Alberta, Faculty of Rehabilitation Medicine, and the study’s principal investigator, describes the significance of the study as follows: “Onsite cardiac rehabilitation is a well-accepted standard of care for cardiac patients. Providing an alternative home-based remote cardiac rehabilitation program may benefit cardiac patients who miss out on the opportunity to participate in this potentially lifesaving intervention. The proposed Activate remote CR program could potentially represent a novel, effective and scalable alternative for patients who are eligible yet unable to participate in on-site programs in Alberta.”

Dr. Neil Gordon, chief executive officer and medical director of INTERVENT states, “Despite the many benefits of cardiac rehabilitation, participation rates continue to remain unacceptably low. Alternative approaches to conventional onsite cardiac rehabilitation have the potential to substantially reduce the costs of care while increasing accessibility and achieving comparable improvements in multiple risk factors. We are excited about participating in this landmark study and anticipate that it will help to clarify further the role of evidence-based telehealth programs as an option for patients who are unable or unwilling to participate in onsite cardiac rehabilitation.”

INTERVENT’s health coach training program is approved by the National Consortium for Credentialing Health & Wellness Coaches (NCCHWC). INTERVENT health coaches provided telephonic/online 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 INTERVENT health coaching program in the SAMMPRIS study, INTERVENT was subsequently selected to provide telephonic/online 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 NIH for a total of almost \$40 million. The American College of Cardiology, a medical society representing 52,000 cardiovascular professionals, also selected INTERVENT as the telephone/online lifestyle health coaching provider for its national CardioSmart *OnCall* initiative, targeting physicians, patients, employers and the public at large.

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 telehealth and online programs have been used to serve more than two million individuals. For more information, visit www.interventhealth.com or email info@myintervent.com.
