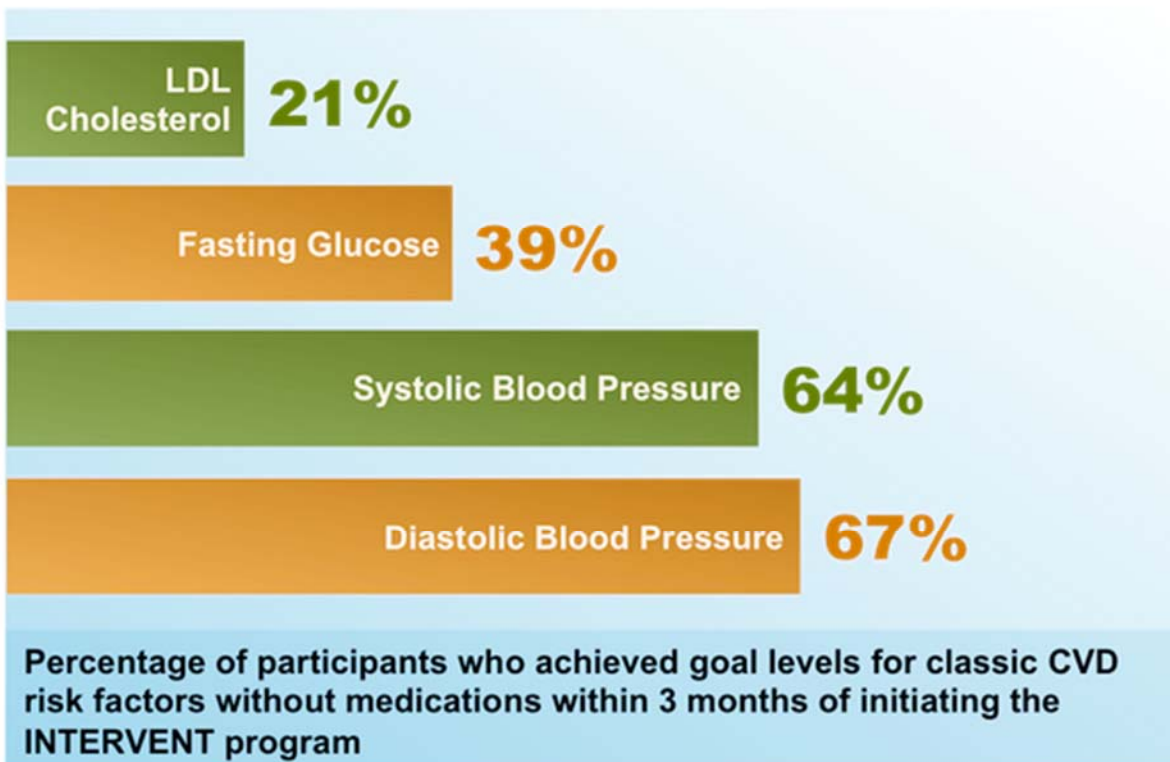


## Research Highlights

### Can risk factors be improved without taking medications?

#### COMPREHENSIVE RISK-REDUCTION

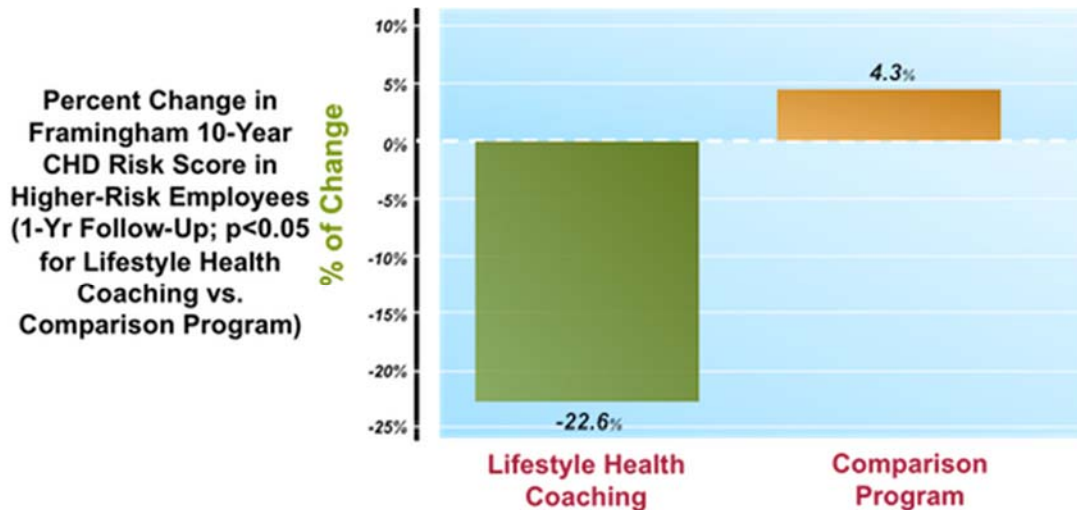


Source: Published in *American Journal of Cardiology*, December 2004; n = 2,390

We demonstrated improvements in blood pressure, LDL cholesterol level and fasting blood glucose through lifestyle interventions alone in individuals with elevated values. Within only three months of starting the INTERVENT program, many participants had achieved goal levels without taking medications. These findings have important implications for cost-containment.

Source: *American Journal of Cardiology* 2004

# Are worksite health promotion programs equally effective?

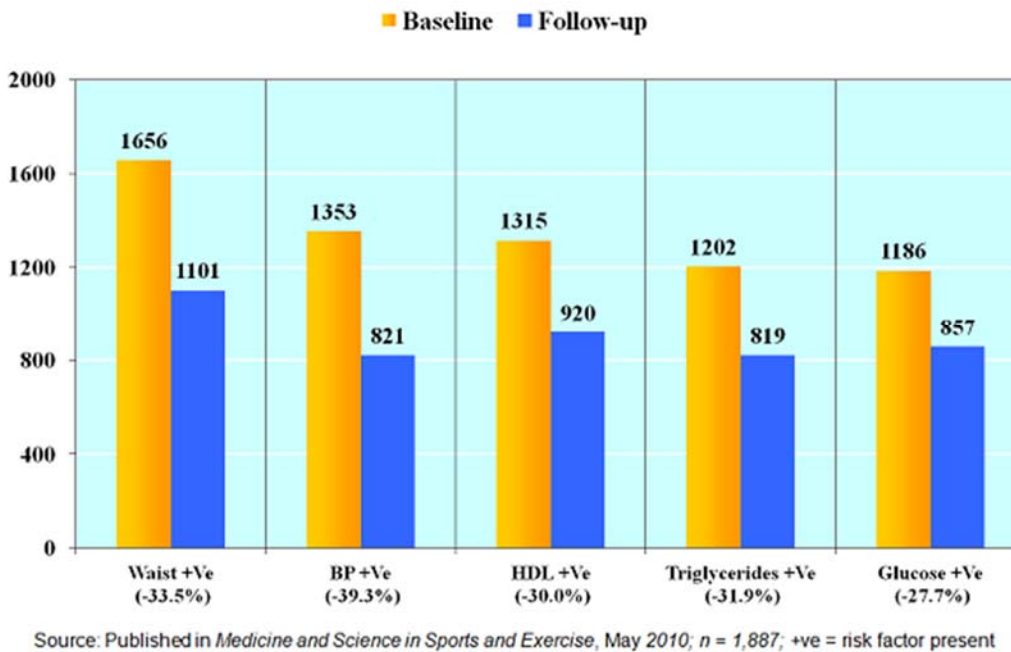
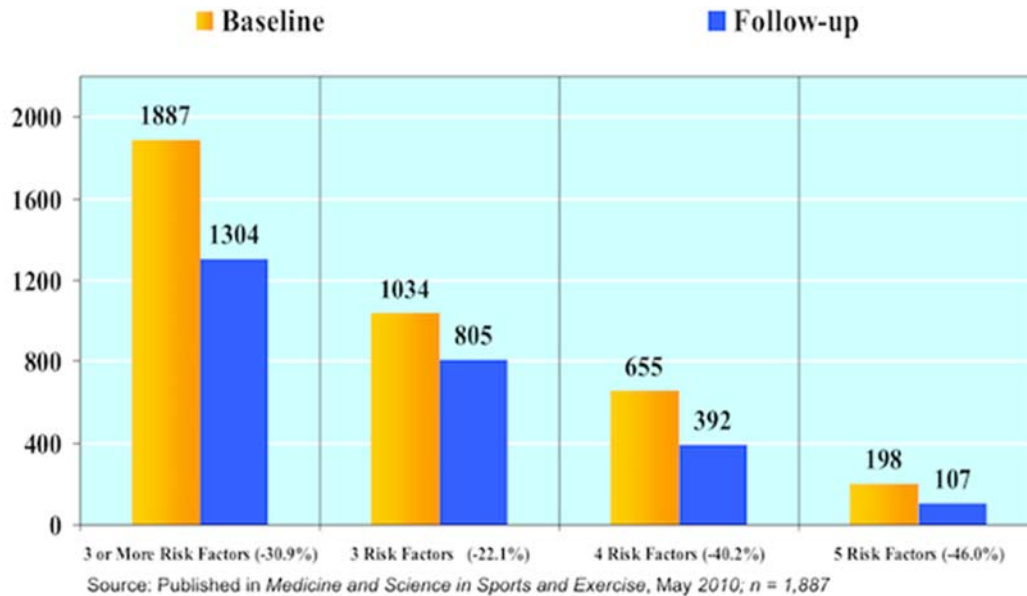


Source: Published in *Journal of Cardiovascular Nursing*, December 2008; n = 133

Worksite programs are not equally effective. We believe that the intensity and duration of an intervention are important predictors of clinical benefit. This study, conducted by an independent third party (a leading academic institution), shows that our comprehensive, one-year lifestyle health coaching program was more effective in terms of coronary heart disease (CHD) risk reduction than a less intensive comparison program. The comparison program offered a health risk assessment, a single review session with a nurse and free access to a fully equipped fitness center and a wide range of classes and workshops on exercise, nutrition, stress management, cholesterol control, blood pressure control, smoking cessation and weight management.

Source: *Journal of Cardiovascular Nursing* 2008

# Can participants with the metabolic syndrome\* benefit from a comprehensive lifestyle intervention addressing multiple risk factors?



Our lifestyle health coaching program, which addresses multiple risk factors in a comprehensive, integrated manner, produced very favorable benefits for people with the metabolic syndrome. The metabolic syndrome is a constellation of interrelated risk factors - all of which are strongly influenced by lifestyle. Having the metabolic syndrome increases the individual's risk for cardiovascular disease, type 2 diabetes and premature death.

\*Metabolic syndrome is defined as the presence of any three of these five risk factors: abdominal obesity, elevated blood pressure, elevated fasting glucose, low HDL cholesterol and elevated triglycerides.

Source: *Medicine & Science in Sports & Exercise* 2010

## Key Findings: Summary of Benefits of INTERVENT's Health Coaching Programs

- Modifies multiple behaviors (including, physical activity, nutrition, stress and tobacco), improves cardiorespiratory fitness and reduces weight
- Produces clinically-significant results in diverse populations
- Reduces multiple risk factors without medications (including blood pressure, cholesterol and blood glucose)
- Prevents heart attacks, strokes and vascular death
- Produces results similar to, if not better than, more expensive interventions
- Produces better results than a health risk assessment and group education classes alone
- Produces reproducible results in multiple locations
- Produces equally effective results whether delivered via telephone or in person
- Reaches participants in rural settings
- Improves self-reported health status
- Improves productivity and presenteeism
- Reduces absenteeism and health care utilization
- Produces high participant satisfaction results
- Generates a positive return on investment (ROI)