

INTERVENT *OnCall*

Do you want to get in shape, lose weight and keep it off, exercise more, eat healthier, manage the stress in your life, quit smoking or reduce your risk for heart disease and stroke?

We have a solution for you — Join INTERVENT *OnCall* and participate in a lifestyle management program with proven results.

For an affordable fee, you can participate in a comprehensive one-on-one telephonic coaching program or an online self-help program featuring:

- Graphic displays of your risk factor values and realistic short-term and long-term goals
- A personal action plan for achieving your goals
- An individualized exercise plan suitable for you
- Individualized meal plans for weight loss, if needed, and weight maintenance
- Guided assistance with making and sustaining healthy lifestyle changes, including physical activity/exercise, nutrition, weight management, stress management, tobacco cessation and other important preventive topics, as needed
- Brief one-on-one telephone appointments with a personal health coach (coached programs only)
- Online tools, including easy-to-understand educational kits and audios and mobile apps
- Progress reports for you and your doctor
- Ongoing tracking and support to help keep you motivated and ensure your success

Over 1.5 million individuals have participated in INTERVENT's programs. INTERVENT *OnCall* provides you with easy access to trusted resources and content. Programs are integrated with each participant's regular medical care. Your doctor remains in control of your medical care and can be updated on your program participation.

For more information, including program pricing options please call INTERVENT at 1-855-494-1093

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