



INTERVENT INTERNATIONAL

Your global wellness
partner for chronic disease
prevention and management



● **MetLife** and **AXA** in partnership

Diabetes, obesity and other noncommunicable diseases are a growing problem worldwide and a burden for multinationals and their employees. The rise of these diseases worldwide is driven by forces that include ageing populations, rapid urbanisation and unhealthy lifestyles.¹

It's more important than ever before for multinationals to implement employee wellness programmes that improve health and wellbeing. Not only can this help employees live healthier and happier lives, but can also have a positive impact on business performance and help tackle rising medical costs.

As a MAXIS client, you can work with INTERVENT to offer your people access to behaviour change and population health management services. You can take advantage of INTERVENT's evidence-based, technology-enabled, data driven programmes for the prevention and management of multiple chronic diseases.³

What solutions does INTERVENT provide?²

INTERVENT's online app provides multiple solutions as part of a single, integrated platform. Multinational clients can choose any or all of these engaging wellness solutions to help improve the overall health of their employees.

INTERVENT's 48-week weight management, diabetes prevention and diabetes management programmes include:

- an online portal/app and digital resources
- regular 1-on-1 live prescheduled telehealth coaching sessions
- group webinars
- personalised evidence-based goals and action plans/care plans
- interactive behaviourally-oriented on-line/audio educational modules
- personalised meal and exercise plans
- healthy recipes
- tracking tools/self-monitoring diaries
- access to professional coaches between coaching sessions
- challenges and incentives.

INTERVENT's confidential health risk assessment (HRA) individual report includes:²

- graphical displays of wellness score, heart age, diabetes risk score and other interactive risk scores
- personalised goals, gaps in preventive care and action steps
- brief health-related educational content
- summary reports for participants' doctors
- comprehensive aggregate group reports available for employers.

INTERVENT's HRA and digital self-help coaching programmes include:

- HRA and accompanying individual and group reports
- 12-week, self-paced programmes (e.g. physical activity, eating habits, weight management, stress management/resiliency, tobacco cessation, diabetes prevention, blood pressure management, cholesterol management, other situation-specific cost-drivers)
- online access to useful resources such as individualised goals/action plans, interactive educational modules, self-monitoring diaries, recipes.

INTERVENT provides evidence-based programmes to help keep people healthy and reduce risk in those at heightened risk, improving productivity and reducing potentially avoidable healthcare costs.

1 Anon. World Health Organization (2023) Noncommunicable diseases <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases> (Sourced April 2024)

2 INTERVENT International LLC incorporated and registered in United States of America whose registered office is at 340 Eisenhower Drive, Building 1400, Suite 17, Savannah, GA 31406, United States of America

3 MAXIS GBN may receive fees, commissions and/or other remuneration from third parties in connection with the services we carry out for you.





Who is INTERVENT?

Founded in 1997, US-based INTERVENT is a physician-led, technology-driven, behaviour change and population health management company.² Its programmes have been extensively tested across a wide variety of employee populations and have served large multinationals on multiple continents and in multiple languages.

INTERVENT's programmes have been used by more than two million participants worldwide and have featured in numerous studies published in peer-reviewed scientific journals, including randomised and independently conducted clinical trials.⁴

How can you work with INTERVENT?

MAXIS clients can work with INTERVENT to deliver a tailored range of proactive wellness programmes. INTERVENT provides:

- assistance with planning and designing programmes
- a communications guide to help engage employees
- a branded portal with access to an array of information and tools
- aggregated evaluation and reporting to give insights into usage and success.

INTERVENT's solutions are designed to be implemented globally and can be scaled to match each client's global footprint.

Why MAXIS Global Wellness?

By working with INTERVENT, one of the providers in our wellness technology marketplace, you can offer a range of healthcare services to help tackle some of the most-costly chronic diseases facing your people.

MAXIS GBN's wellness technology marketplace offers multinationals a dedicated and unique suite of digital-led health and wellness services from innovative providers all around the world.

We've done the leg work; our claims data analytics ensure your key cost drivers are addressed. We've scoured the market and selected the vendor that best meets your criteria based on our careful research – they're able to scale the world with you, matching your global footprint. And by working with MAXIS, we can help secure preferential rates with these vendors that might not be available elsewhere in the market allowing you to offer your people better services with your wellness budget.

You'll also be given a dedicated MAXIS manager to monitor the performance on your behalf. So, what are you waiting for?

For more information on how you can implement a global wellness programme with INTERVENT, please visit maxis-gbn.com or contact your local MAXIS GBN representative.



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MAXIS GLOBAL WELLNESS

POWERED BY HEALTH DATA

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