



Innergy Healthier Weight

Focusing on Well-Being, not Just Weight

Expected Results:

- Clinically meaningful weight loss averaging 5 percent or greater across the enrolled population
- Improvement in weight-related behavior patterns, such as physical activity, healthy eating and confidence in health self-management
- Unparalleled, sustained participant engagement and program satisfaction
- An ROI range of 2.9 to 3.3 over the first two years of the program from lower healthcare costs, reduced absenteeism and improved productivity

According to the Centers for Disease Control, 69.0 percent of Americans age 20 and older are overweight or obese. Excess pounds increase the risk of developing serious health conditions and can have negative impacts on quality of life through limited mobility, sleep issues, back pain, social stigma and even weight bias.

The good news is that health outcomes can be improved without requiring significant weight loss. Research has shown that a 5 percent reduction in body weight reduces the incidence of diabetes by 58 percent and hypertension by 42 percent, in addition to other health benefits.

Innergy® Healthier Weight, offered by Healthways in collaboration with Johns Hopkins Medicine, is a high-touch, personalized solution proven to sustain weight loss. Innergy applies the protocol and science of the Johns Hopkins POWER clinical trial¹, funded by the National Heart, Lung and Blood Institute to assess and compare the effectiveness of weight loss interventions that could be used in primary care practices to help obese patients with one or more risk factors. The trial successfully helped participants lose weight in a healthy and sustainable way over 24 months.

With Innergy, like POWER, success is defined as not only initial weight loss but sustained weight loss over a two-year period. In this way, it overcomes the challenges of programs that can perpetuate unhealthy lose-gain weight cycling by focusing on rapid initial weight loss alone and not building critical weight loss maintenance skills and confidence.

Beyond Education to Underlying Influences

Most people know the importance of a healthy diet and physical activity to successful weight loss, yet they still struggle to make these behaviors part of their daily routines. Innergy approaches the overall goal of healthy weight with a broader understanding of influences, addressing eating habits, physical activity, and emotional and social aspects of well-being.

Innergy emphasizes inner goals and a common motivator for losing weight: wanting more energy for personal passions. Proven techniques shape a positive emotional perspective and help participants approach change with optimism and resilience.

Innergy focuses on three critical phases — active weight loss, maintenance and independence — to ensure long-lasting behavior change. Participants develop a long-term, healthy relationship with weight management that fits their lifestyle and leads to sustained results.

Innergy incorporates the following features shown to accomplish lasting healthy weight change:

- Frequent contact with a Johns Hopkins trained coach
- Education and emphasis on behaviors demonstrated to drive successful weight loss
- Realistic and achievable goals that build confidence
- Self-reporting and accountability
- Social connection and physician support

Innergy Options:

- Available to employers, health plans, health systems, physician networks and governments
- Offered as a standalone solution or added to Healthways Well-Being Improvement Solution
- Integration of biometric screening at periodic intervals, if desired, to replace self-reported measures with objective data
- Integration with personal tracking devices

Intensive Interventions

Upon enrollment, each participant partners with a Healthy Weight Coach, who serves as a health education resource, strategist and support system to help the participant break through emotional, social or other barriers to weight loss.

To provide the high-touch approach that has been closely linked to success, participants receive weekly coaching calls for the first 12 weeks. (Calls transition to monthly for the remainder of the first year, then occur every 6 to 8 weeks in year 2.) The calls rapidly build rapport between coach and participant while giving the participant an in-depth introduction to foundational healthy weight loss concepts. The coach helps the participant understand personal habits and behaviors around weight loss; uncover social, emotional and psychological barriers to weight loss; and establish a healthier and long-term approach to losing weight.

Regular tracking is an important step to healthy weight management. Throughout the program, participants are asked to log into the Innergy website at least weekly to record weight, nutrition and exercise information, and to leverage the Learning Tracks. Coaches can view tracked data and Learning Track completions and incorporate the information into coaching discussions. Meal plans, menu options (based on the DASH diet), and activity recommendations are available but not required.

Leveraging Experts

Healthways works closely with leading weight loss and obesity researchers and physicians from Johns Hopkins Medicine to incorporate current best practices into our program. Johns Hopkins is highly engaged in program oversight and delivery, from training development to call review to supporting coaches with complex cases. Program delivery and techniques evolve to incorporate emerging research and apply learnings at scale.

Healthy Weight Coaches hold a minimum of a four-year degree in a health science or health promotion field and have a background and advanced training in adult weight loss and behavior change techniques. Coaches use techniques grounded in social cognitive theory, cognitive behavioral therapy and mindfulness, which have been shown to produce significant positive behavior change, particularly with weight loss and maintenance.

Motivational interviewing is also heavily used within Innergy. Because positive emotions are a key factor in moving people to a higher level of functioning and thriving, understanding how emotions, thinking patterns, social support and environment influence eating and physical activity patterns helps participants better determine how to adopt the core behaviors as a permanent part of their lifestyles.

Coaches encourage initial and ongoing participant-physician communication, facilitated by a shareable physician report designed to easily show program progress.

¹Appel LJ et al. "Comparative Effectiveness of Weight Loss Interventions in Clinical Practice." *New England Journal of Medicine* 2011; 365:1959-1968.



From Healthways, in collaboration with Johns Hopkins Medicine

Johns Hopkins faculty members and staff advise and collaborate with Healthways regarding the Innergy weight management program. Johns Hopkins receives financial compensation from Healthways in the form of royalties and fees for its contribution to the Innergy program.