



# FAQ's

## **What is Innergy?**

Innergy is a weight loss program developed by Healthways through an ongoing collaboration with Johns Hopkins Medicine and brought to you by the JHU Benefits Office. It's confidential, voluntary and designed to help you reach a healthier weight through lifestyle changes that become lifelong habits.

## **Innergy is not a quick fix.**

Innergy is not based on the latest nutrition fads. It's an approach to healthy weight loss and weight management for a lifetime. There are no meetings to attend. No foods you have to buy or points to calculate. You'll learn how to eat well and exercise effectively in the world you live in every day.

## **Innergy is you and your coach.**

Whether you're seeking looser clothes or better health, your Innergy coach meets you where you are and takes you where you want to go. Innergy coaches received training in weight loss science, behavior change and motivational techniques from Health Coach experts at Johns Hopkins Medicine. Your Innergy coach will guide you and keep you informed about nutrition and exercise, helping you get motivated and stay motivated.

## **How does Innergy work?**

To get maximum benefit from Innergy, enroll for the full two years. The first year is all about weight loss, and the second year is about sustaining that loss. To participate, you will:

1. Complete an initial survey at [jh.innergynow.com](http://jh.innergynow.com) to learn if your Body Mass Index (BMI) qualifies you to enroll and to assess your current habits. Innergy is designed to be most effective for adults with a BMI of 25 or greater.
2. Get your Innergy Coach assignment and access to his/her online profile. You'll also be able to sign up for coaching sessions.
3. Participate in weekly telephone coaching sessions for the first three months, then monthly for the rest of the first year to help you stay on track. In the second year, telephone coaching sessions are scheduled about every six weeks for ongoing maintenance support.
4. Set personal targets for your weight, activity and eating and track them with Innergy's online tracking tools.
5. Receive weekly online Learning Focus modules that will guide the gradual changes you'll make to your eating, physical activity and other behaviors that have an impact on your losing weight and keeping it off.
6. Connect with Innergy's online community and coaching groups to help you stay on track and motivated.

## **With Innergy, you'll get:**

### **One-on-One Coaching**

Your personal coach will work with you by phone, online and through secure e-mail throughout your 24-month program.

### **Convenient Access**

You can connect anytime, anywhere. Access Innergy in the privacy of your home, your office or while you're traveling, at times that suit your schedule.

### **Tools & Resources**

Simple-to-use, interactive online and mobile tools make it easy to track and view your progress. Plus, you'll get recipes, flexible meal plans, health tips and more.

### **Powerful Learning**

Each week, a fresh new Learning Focus will help you master proven skills and strategies for success.

### **Inspiration & Support**

Share ideas anonymously - safely - securely - with others, like you, who have similar goals and everyday challenges.

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## **How is it different from other weight loss plans?**

Unlike typical fad diets that promote a temporary quick fix to weight loss, Innergy is the only weight loss solution, shown through clinical research trials, to be effective long-term. And with guidance from an Innergy coach, you also get the support you need from an expert who understands what you're going through.

## **Who can participate?**

All benefits-eligible Johns Hopkins University employees with a body mass index (BMI) of 25 or greater can register for Innergy. You can find out your BMI during registration at [jh.innergynow.com](http://jh.innergynow.com).

## **How much does it cost Johns Hopkins University employees?**

Innergy is offered through the **Johns Hopkins University** Benefits Department which pays 20 percent of your annual program fee as an incentive to employees to join this Johns Hopkins-based weight management program. The membership fee for Johns Hopkins University employees is \$29.14 **per month** for your first year in the program. The second year's membership fee is \$14.57 **per month**. Fees will be taken out of your paycheck, post-tax, mid-month through payroll deduction.

## **Why should I participate?**

A healthier weight helps support your overall health and can improve the quality of your life. To be sustainable, a healthy lifestyle that leads to weight loss should also be enjoyable. Innergy's unique approach to lasting weight loss focuses on the simple joys of eating well, moving more and changing your mindset.

## **How do I get started?**

Go to [jh.innergynow.com](http://jh.innergynow.com), select the "Sign Up for Innergy" button and complete the brief qualification survey to find out if you are eligible. If you are, you'll be prompted to complete a questionnaire and then you'll be ready to begin! Answers you provide will help your coach get to know you better and tailor your plan for success.

## **Who is Healthways?**

For over 30 years, Healthways has inspired more than 35 million people worldwide to achieve their personal best. By using proven health support techniques, quality medical information, and caring health professionals, the Healthways team meets you where you are and takes you where you want to go, creating better health and a better you. Innergy was created by Healthways in collaboration with Johns Hopkins Medicine.

## **Is my privacy protected?**

Healthways administers the Innergy program and may use your data as part of general aggregate information without personally identifying you. Healthways will share program data with Johns Hopkins University in the aggregate form. For more details on how your personal data will be used, please read the "Terms of Use and Notice of Privacy Practices" on the Innergy website. If you have questions about how Healthways protects individual health information and complies with the Health Insurance Portability and Accountability Act (HIPAA), please call the number below.

## **How can I find out more?**

For additional questions, visit [jh.innergynow.com](http://jh.innergynow.com) or call 866-666-1252.



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