



For Immediate Release

Marathon Health Add Fitness Center Capability
Medically-based Fitness Centers Show Improved Engagement and Efficacy

BURLINGTON, VT—July 14, 2009—Marathon Health, a leading provider of onsite employee health services and technology solutions, today announced the addition of fitness centers to its suite of services. The fitness center capability provides onsite facility management, consulting, facility design, and program promotion.

Marathon Health President Charles D. Reuter commented on the importance of integrating onsite health services with a fitness center offering. “In addition to the access and convenience of providing these services at work, we can now provide a personalized, medically-based fitness program that is coordinated with the overall care plan for the individual. The capability is so much more than treadmills; it is about keeping healthy people healthy and providing increased options for those who would benefit from increased activity levels.”

Physical activity is a core component of any plan to reduce risk factors associated with high-cost medical conditions such as diabetes, COPD, or obesity. For those individuals who have fears about exercising or need help starting a clinically-appropriate program, the medical staff will provide a personalized plan tailored to their risks and interests. The consolidation of health and fitness center management and staffing provides improved coordination between care and fitness programs as well as savings and productivity gains.

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About Marathon Health

Marathon Health offers a proven population health risk management model for helping employers reduce the total cost of healthcare. Our approach integrates the best practices of onsite primary care, health assessment with risk identification, coaching and advocacy, and disease and condition management for individuals with identifiable and controllable risk factors. Together, these services create a unique worksite health program. The Marathon Health solution produces superior results in terms of reducing the risk profile and preventable claim costs for the population, resulting in substantial Return on Investment for our clients

At Marathon Health, we support our unique onsite health services model with our *Health Engagement System*[™] technology including our eHealth Portal with consumer medical content, interactive diet and fitness tools, and a personal health record, portable from carrier to carrier, and owned by the employee. Our technology is built around a sophisticated clinical decision support tool called Problem Knowledge Couplers, affording providers and patients alike with the



information required for a complete problem oriented health record and a tailored plan of health management options for all risks and conditions.

For more information please visit www.marathon-health.com .

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