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For Immediate Release

Marathon Health™ Announces New Integrated Health Management Programs

Onsite nursing, health technologies, and inclusive services reduce corporate healthcare costs on individual level

COLCHESTER, VT – Sept. 5, 2006 – In a market saturated by health service providers that focus on one or two employee health interventions, Marathon Health announces new service offerings that cover the entire continuum of care in one place to serve the needs of the entire employee population.

Marathon Health is a privately owned corporate health services company. Its mission is to improve the quality of health at reduced costs by providing employers and employees with the methods, tools, and support systems needed to help individuals become active participants in their own health and healthcare. The cornerstones of the Marathon Health approach are the presence of a full-time registered nurse in the workplace, comprehensive intervention programs, and technology that allows each employee to effectively achieve their own personal goals for improved health.

Marathon Health recently acquired InformEd™, a pioneer in the health and wellness movement for over ten years. As part of the acquisition, Marathon Health will continue to offer some of InformEd's population health management services, while expanding its offerings to cover the health needs of each employee. Combined services include:

- Comprehensive Health Review visits to gather biometric and lifestyle data, discover health risks, and set goals for improvement
- Wellness Education to provide resources and tools that are tailored to the individual
- Risk Reduction programs to reduce or eliminate the risk factors that lead to chronic illness
- Disease Management programs that equip the individual with the right information to prevent a condition from becoming more serious
- Care Advocacy services to help employees who experience frequent health complications navigate and understand the healthcare system
- Triage & Consultation through the onsite nurse to assess the severity of troubling health concerns and answer health-related questions

“Large employers are actively seeking healthcare solutions that will improve the overall health status of their employee population and reduce the burden of rising healthcare costs,” said CEO Guy Ragosta. “The employee health services available are fragmented and uncoordinated – much like our

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healthcare provider system today. At Marathon Health, we are addressing most of these areas by providing an integrated health management program that is designed to address quality and cost issues from one source. We believe our services bring together the best the industry has to offer. This approach will truly benefit individuals and the organization as a whole.”

Along with onsite resources and interventions, Marathon Health provides technology solutions that allow participants to gather and store personalized health data, including access to:

- Problem-Knowledge Couplers®, a system of clinical decision support tools developed and maintained by PKC Corporation, that find relevant medical research and treatment options for over 100 common conditions
- a Problem-Oriented Personal Health Record for each employee that stores and organizes the employee’s health information in one easy-to-reference place
- the eHealth Portal, a web-based interface that links employees to their Personal Health Record; nutrition and fitness trackers provided by PeakWellness, a leading online fitness, nutrition, and diet resource; and Healthwise,® a searchable online health resource.

“Working with employers to analyze overall healthcare costs and prevalence rates of costly conditions is the foundation of our proprietary ROI model,” said Dave Demers, MPH, Director of Planning and Development. “Our combination of products and services is designed with three factors in mind: to help individuals discover and achieve their personal health goals, to help manage and navigate the healthcare system, and to provide a defined ROI. We believe good health is a race that everyone can win.”

For more information about the full range of Marathon Health programs and services, visit www.marathon-health.com.

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