

HEALTHY LIKE ME

100 STORIES CELEBRATING YOU

A woman in a grocery store aisle, wearing a dark shirt and overalls, is holding a white shopping bag. The background shows shelves with various items, including bottles and a basket of produce. The image is overlaid with a semi-transparent purple text.

CELEBRATING MEMBER SUCCESS



100 POWERFUL

STORIES

100 LIVES CHANGED



BUILDING RELATIONSHIPS THAT INSPIRE CHANGE

The opportunity to help people get easy access to high-quality healthcare, improve outcomes by building trusted relationships, and making the whole thing affordable has been the foundation for everything we do at Marathon Health since 2005.

I'm blown away every day by the impact of our mission. Our Healthy Like Me program gives all of us the chance to celebrate the real-life success stories of our members and the care teams that helped make each one possible.

We've captured 100 stories in this book, and each serves as a reminder of the value of the work we do and the life-changing outcomes that are possible when members take the time to prioritize their health and wellness. This wouldn't be possible without our care teams, who take the time to ask one more question during each visit or spend just a few more minutes with each member. That extra effort is what makes us special.

I'm so proud of what we're accomplishing together!

Jeff Wells, MD
Marathon Health Co-founder and CEO

A handwritten signature in black ink, appearing to read "Jeff", is located below the printed name and title. The signature is stylized and fluid.



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**Some health services mentioned in this book aren't available at all locations. Check with your Marathon Health center to see which services are available to you.*

GREAT MEMBER EXPERIENCE

Today's healthcare system isn't known for a great member experience, but we're changing that at Marathon Health. Less time in the waiting room, more time with our care teams and a relentless focus on customer service are just three areas we're obsessed with. We hear positive feedback every day in our health centers and post-appointment surveys — it's a testament to our commitment to the Marathon Health mission!

“

I received an email last week and was intrigued. I called to see what the catch was, only to find out that the preventive appointment was free, they had plenty of convenient appointments available and there is no catch! I went to my appointment this morning, was called in right away, left the office within 20 minutes...it cost me nothing. Unbelievable! All I can say is, thank you! Thank you for putting employees first, for valuing our well-being and for truly offering some great benefits like this one!”

MARATHON HEALTH MEMBER

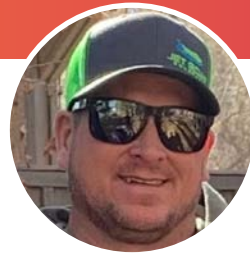
“

I took a chance on a Friday and walked to the health center and asked if I could get my blood drawn. My doctor wanted me to have it done soon, and I was hoping they could do it. Not only did they take me right then, but they got my blood on the first try. Wow, that never happens! I was so excited. Very grateful for our health center and those that work there.”

MARATHON HEALTH MEMBER

“

Eric Becker, PA, evaluated my health and helped me make the changes I needed in my daily life. He recommended a great medicine to help with my depression and anxiety. Ever since I started taking it, I've been amazed by the results. I am me again!



Cody | **Marathon Health Member**

ANDRENETTA'S STORY: BATTLING LUPUS

For years, Andrenetta Galloway suffered from “strange” health symptoms that included unexplained rashes, severe leg and foot pain, debilitating headaches and extreme fatigue.

At first, the symptoms would come and go, but over time they became so severe she could no longer function. Desperate to find the cause of her agony, Andrenetta visited four different doctors, but no one seemed to understand what was wrong.

“I had been on multiple medications and none of them were working,” she says. “They’d do basic blood work and say, ‘We can’t find anything serious to be worried about.’” But Andrenetta clearly knew something was wrong.

“I was missing a lot of work and lost a lot of weight,” she says. “I was so sick and couldn’t get any information on what was wrong with me. I didn’t know if I had cancer or what. I was scared to death.”

One day, Andrenetta saw a flyer hanging in the police department promoting Marathon Health benefits for City of Charlotte employees and decided to schedule an appointment. She met with Dr. Teresa Watts, Marathon Health regional medical director, during her initial appointment, and admits she was surprised by her in-depth questioning.

“At the time, I was kind of laughing that she wanted to know my entire life history,” Andrenetta says. “But I was thinking in the back of my mind, ‘What if I find out what’s wrong with me?’”

Near the end of her appointment, Dr. Watts asked Andrenetta if she’d ever been tested for lupus.

“She said, ‘I really feel like we need to explore it,’” Andrenetta says. “She told me what the testing would involve and gave me really in-depth information. I was satisfied with what she said as far as the route we were going to take. For once, it felt like someone was trying to help me.” The test results confirmed Dr. Watts’ suspicion, and Andrenetta was diagnosed with lupus.

She’s now in treatment and has to have infusion therapy a couple of times per month, but ultimately, she feels significantly better. “I’m not going to say I’m 100 percent now, but I’m 100 percent better than I was before I started dealing with Dr. Watts at the health center,” she says. “I’m on a lot of different medications, but they are the right medications.”

After four miserable years, Andrenetta says she’s relieved to know the cause of her suffering.



“ I’m grateful that the City came up with this because I don’t know what shape I’d be in right now if I hadn’t started seeing Dr. Watts. She took the time to go the extra mile and help me.”

Andrenetta Galloway | Marathon Health Member



CONVENIENCE, AFFORDABILITY & QUALITY KEEP OUR MEMBERS COMING BACK

“

I call it my one-stop shop for healthcare. I see the provider, get labs and my prescriptions right in the health center. No need to go to the pharmacy and wait! Who can ask for a better scenario?”

MARATHON HEALTH MEMBER

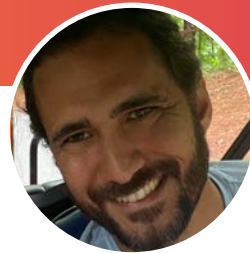
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Since my first visit to Marathon Health, I was impressed by the services rendered and how easy it was to get in quickly. Providers were very knowledgeable. Their level of care and compassion is wonderful.”

MARATHON HEALTH MEMBER

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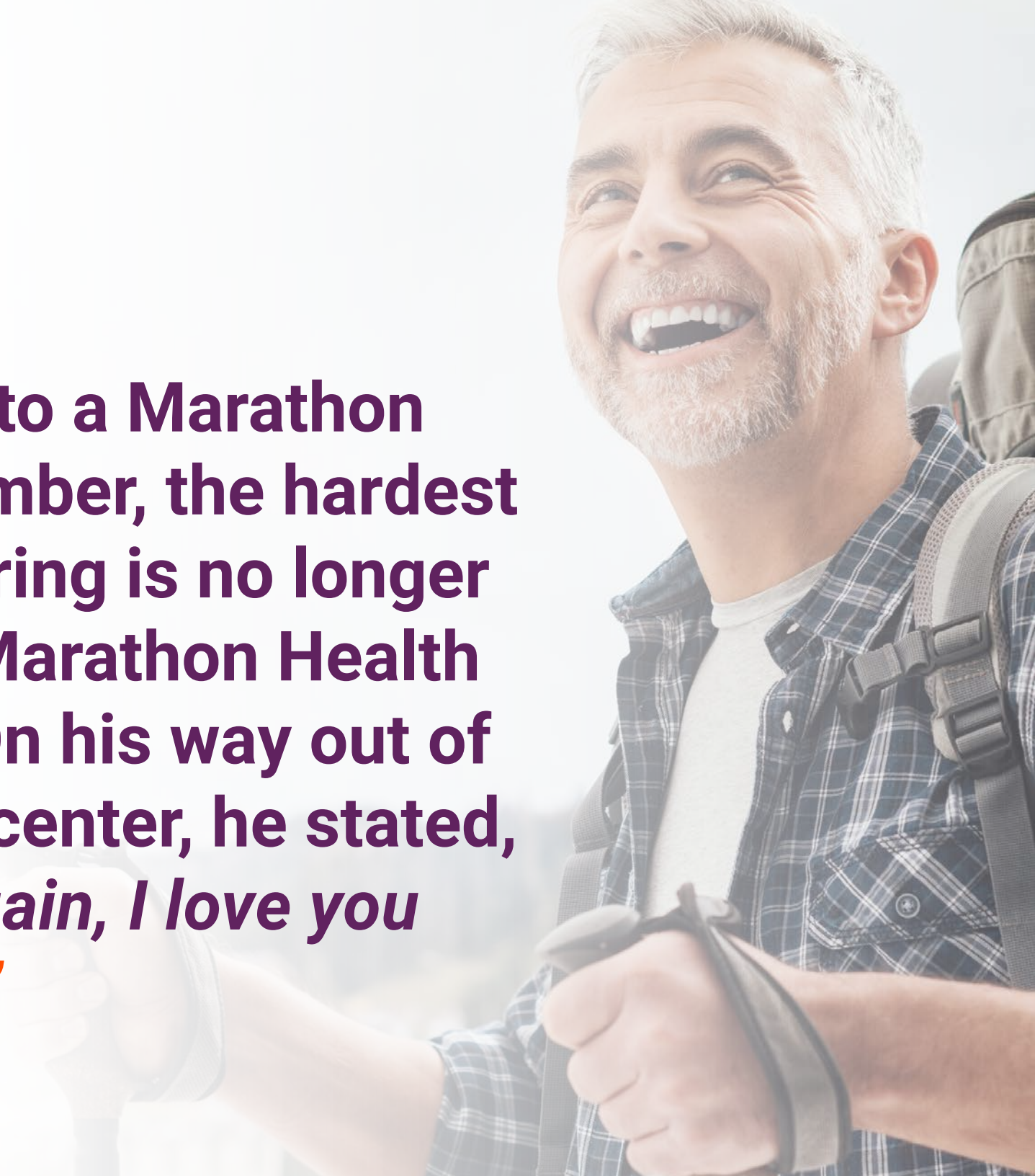
I love Marathon Health. It's easy to make appointments and convenient, and the staff is professional and competent.”



Rafael | **Marathon Health Member**



According to a Marathon Health member, the hardest part of retiring is no longer receiving Marathon Health services. On his way out of the health center, he stated, *“Thanks again, I love you guys here!”*





Marathon Health to the Rescue!

A Marathon Health member walked into the health center, gasping and coughing from asthma. She asked to wait in the health center for her husband to arrive and take her to the ER. The nurse sprang into action, gave the member medication to control the symptoms and educated her on trigger prevention. Not only did the nurse save the member from her third ER visit, the member now reports feeling “the best she’s ever felt.”

A Marathon Health member was thrilled to find out she could get her “expensive” cholesterol medicine for no charge.

Unhappy with his current primary care provider, a member decided to try Marathon Health. After spending time with the care provider, the member expressed, “you have explained and listened to me more than my regular doctor—and I’ve been seeing that doctor for more than three years!”

A doctor saved a member’s life. She urged him to go to the ER, and when he went later that day, the doctor told the member that he wouldn’t have lived another 24 hours if he hadn’t sought care.

After speaking with Marathon Health about healthy eating habits and exercise, a member stated she felt motivated to lose 10 pounds thanks to the care provider’s “tone and belief in her.” The member has since lost 13 pounds and successfully lowered her BMI.

A Marathon Health member was able to complete two outside lab orders with Marathon Health during a single health center visit – and at no cost to him!



Taking the Time

“Dr. Kristi Dickson is thorough, complete and one of the most compassionate people I’ve crossed paths with. I walked into the health center in a very distraught state of mind and Dr. Dickson literally turned me every which way but loose. When she was done treating me, I felt like a brand-new person. I cannot thank Dr. Dickson enough for all she has done for me, my family and my well-being.”

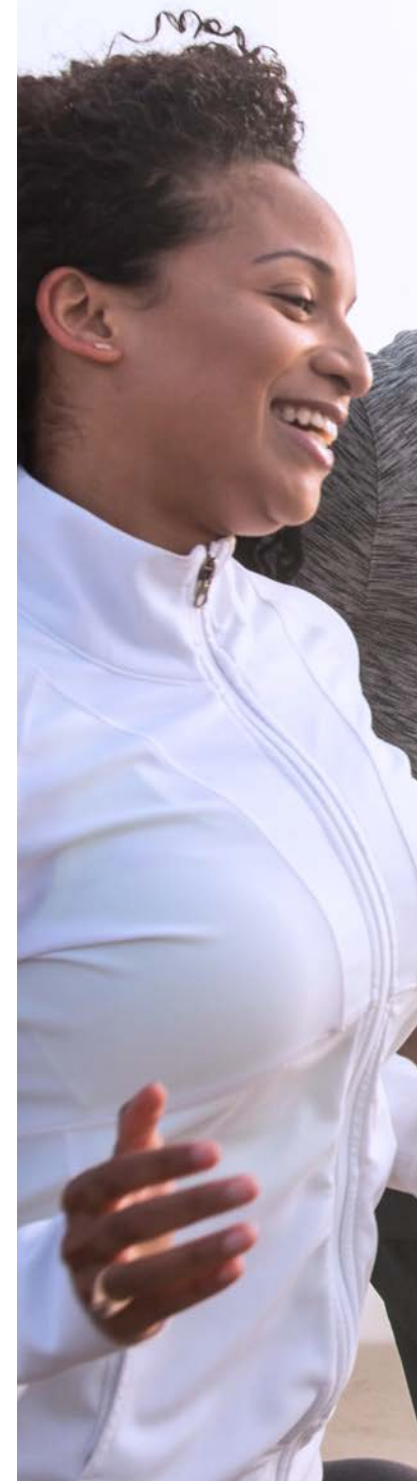
A Marathon Health member stated, “I would likely not have sought medical care if the health center was not available to me!”

A member exclaimed “This is awesome!” after she obtained her meds in the health center and didn’t have to make a trip to the pharmacy.

A member told his provider about a recent kidney stone and how he was experiencing recurring symptoms. Worried about an upcoming Alaskan cruise, Marathon Health was able to get the member an appointment with a urologist the following day!

Marathon Health was able to fit a member in to check his finger after an accidental injury and provide an antibiotic, which helped him avoid a trip to urgent care/ER over the weekend.

“While quarantining due to the COVID-19 pandemic, I was still able to keep my health coaching appointments through phone visits. I am proud to say that I stayed on track and didn’t gain any weight back!”





A Marathon Health member was never immunized as a child and needed to be vaccinated in order to join the military. He was thrilled to learn that he could receive the needed vaccines at no cost through Marathon Health.



OUR CARE TEAMS





CHANGE LIVES



MAJOR DIAGNOSIS

We've heard some truly remarkable stories: cancers were uncovered, heart attacks avoided and mysterious symptoms given a name. There's a common theme in all of these stories – a Marathon Health provider who dug a little deeper, asked the right questions and made time for the member. And it doesn't stop with the diagnosis. Our ability to connect members with specialty care – often within a day or two, and at a reasonable price – saves valuable time and ensures our members are in good hands when they need care outside of our health centers.

“

Marathon Health spends personal time with their members and takes the extra time to make them feel like they're somebody. They don't just shuffle you in and shuffle you out. Had I not called into the doctor that day, who knows six months from now what would've been going on.”

MARATHON HEALTH MEMBER

After noticing a spot on his arm, a member visited Dr. Johnson for a biopsy. The results showed that he had superficial malignant melanoma. He was referred to surgical oncology and underwent a procedure that revealed clear margins and no lymph node involvement.

“

Who knows if I would have died or had some major problem. I feel very fortunate Elizabeth Jernagan, NP was there and told me what to do. She very well may have saved my life.”



Jim | **Marathon Health Member**

A Marathon Health member was diagnosed with hepatitis C after bloodwork found elevated liver enzymes. The member was referred to and treated by a gastroenterologist, and the virus was eradicated!





Early Detection Saves Lives

A member visited the health center with newly onset difficulty swallowing. The member was referred to gastroenterology and was later diagnosed with non-Hodgkin's lymphoma. The member has since completed chemotherapy and a recent biopsy showed no sign of recurrence!

After visiting with Jodi Joseph, NP, a member discovered he had a lump on his chest. He was referred to a general surgeon for a biopsy, which revealed a lung mass. The member received treatment for lung cancer.

A member visited Marathon Health with chronic skin infections. Jacqueline Kerber, NP, suspected the member might have MRSA and confirmed the diagnosis with further testing. Her MRSA has since been eradicated and the member no longer needs antibiotics when she experiences a flare-up.

A Marathon Health member visited the health center for his annual physical and his nurse noticed a suspicious spot on the member's forearm and referred him to a dermatologist for further evaluation. The area turned out to be melanoma and has since been removed.

A member came to Marathon Health for her physical. A lump in her breast was discovered and she was sent for a diagnostic mammogram and biopsy. The results indicated that the lump was malignant, and she has since undergone a bilateral mastectomy.

A Marathon Health member visited the health center for her annual wellness exam. She was referred for a follow-up mammogram, where she discovered she had grade 3 breast cancer. Prior genetic testing had indicated no markers.

CANCER FREE THANKS TO CHECKUP

"I first met Chris-Ann Lauria, FNP, and Kari Doohen, MA, when they came to my department to remind us of their services at the Marathon Health & Wellness Center.

I hadn't seen a doctor in years, and honestly didn't really know what the health center was all about. Chris-Ann urged me to visit for a physical. I was skeptical, but after their second visit to our department, I took her advice.

At my first appointment, I completed a physical exam and underwent lab testing. Chris-Ann spent a lot of time with me and asked many questions about my health history. She also recommended testing for colon, prostate, and lung cancer, as those are routine screenings for someone my age.

Shocking to me, my prostate-specific antigen levels came back high. In response to my results, my Marathon Health providers set up an appointment for me with a urologist. That's when I learned I had prostate cancer.

I'm thankful they caught it early. Chris-Ann and Kari kept an eye on me throughout the entire situation. I often called the health center with questions and they always made time to address my concerns. I needed a pre-operative physical and a COVID-19 test before my prostate surgery, and I was able to complete both at the health center.

Fortunately, I haven't experienced any symptoms since my surgery. I also quit smoking. I still have a long road ahead of me for recovery, but I'm confident I can stay on top of it."

Norm has been so pleased with the success of his healthcare journey that he posted flyers of his Healthy Like Me story around his office and at the local gas station.



“

I'm thankful they caught it early. Chris-Ann and Kari kept an eye on me throughout the entire situation. I often called the health center with questions and they always made time to address my concerns.”

Norm Lendway | Marathon Health member

“Marathon Health is a Godsend”

After visiting Marathon Health, a member who had suffered from a rash for years was diagnosed with widespread folliculitis. At a follow-up visit, the member noted, “This is the first time in years I’ve seen such a drastic change!”

A member visited the health center with a painful rash on her side. She was diagnosed with shingles and immediately started on antiviral medication (within the first hour of symptom onset).

A member said: “The Marathon Health Center has been a godsend for many of the employees.” He credits Marathon Health for putting him on the road to discover his heart disease for which he underwent surgery. Although retiring soon, the member is pleased to continue using Marathon Health under his wife’s insurance.

A Marathon Health member visited the health center with knee pain after playing sports with coworkers. A Marathon Health nurse determined that the member needed to be seen by an orthopedic specialist for immediate imaging. After helping the member schedule a referral appointment, the imaging showed an ACL tear.

A member’s wellness screening found abnormal thyroid levels. Sherry Little, NP, referred him to an endocrinologist and the member was diagnosed with Graves’ disease.

A member decided to call Marathon Health after noticing that her arm “felt funny” on her way home from a mammogram. A Marathon Health provider was able to see her right away and diagnosed her with a stroke. The member was sent to the ER and is now in physical therapy with little residual evidence of the stroke.





A member had a calcium score CT scan due to elevated cholesterol levels. A lung nodule was found, and was successfully treated by a pulmonologist. The member continues to engage with Marathon Health and has lost over 65 pounds!

QUALITY OF LIFE

At Marathon Health, we believe that every member interaction is a chance to change a life for the better. And while not every case reveals a major diagnosis, each visit has the possibility of being a game-changer for someone's quality of life. It can be as simple as switching to a medication that doesn't have negative side effects or finding the root cause of an itchy rash — the member stories in this book cover many topics, but one thing is abundantly clear: **We have the opportunity to truly impact our members' lives with each and every encounter.**

“

I worked with my primary care physician to try and get my blood pressure under control. The severe side effects of each medication caused unexpected symptoms and made me feel extremely lethargic and light-headed. I can honestly say Sharon Reddish, FNP, changed my life. Today, my health has taken a complete 180 and my confidence in healthcare has been restored. The entire Marathon Health team shows unfailing compassion, and I am forever grateful.”

MARATHON HEALTH MEMBER

“

Marathon Health diagnosed me with asthma. I was happy to get a diagnosis — it gave me hope. They prescribed an inhaler, discussed how to properly use it, and I used the Member Portal resources to learn more about asthma. I recently signed up for my first 5K race. I never thought in a million years I'd be able to jog that far, but I feel amazing and committed to continuing my journey. I feel confident knowing my Marathon Health team will support me in meeting my goals.”


MARATHON HEALTH MEMBER

“

I lost 40 pounds and lowered my A1c. Before, I accepted the fact I was going to die in my 70s like my parents, but now I feel like I have a path to enjoy a long life. I never would have been able to do this on my own. With the support of the health center and my family, I feel like I have my life back!”

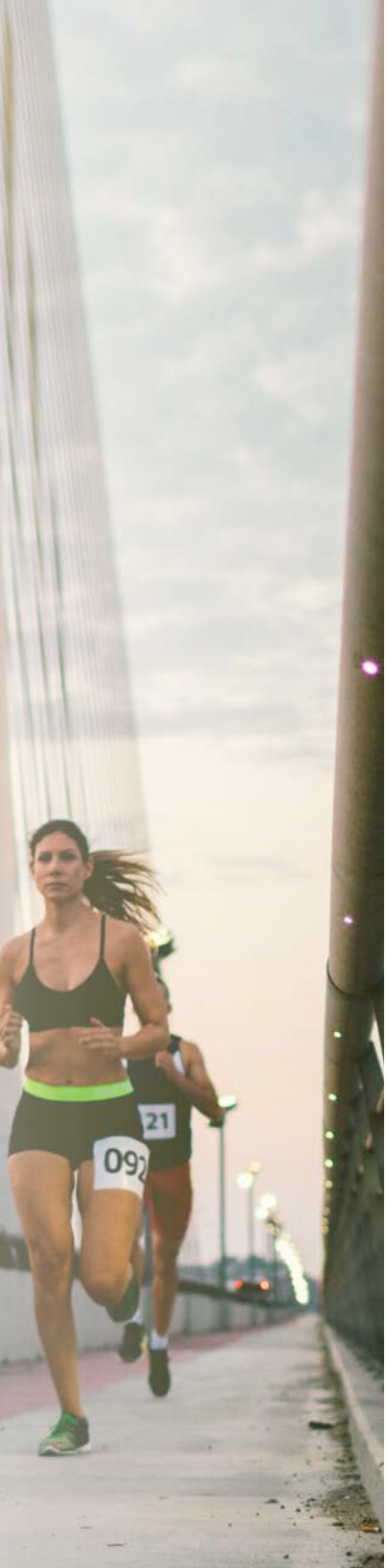


Ann Babinyecz | **Marathon Health Member**

A background image showing a man and a woman running on a bridge. The man is in the foreground, wearing a grey t-shirt and black shorts, with a race bib number 123. The woman is behind him, wearing a black tank top and blue shorts, with a race bib number 152. The bridge has a white railing and cables, and the scene is brightly lit, suggesting a sunny day.

“Ryan has lost 110 pounds. He’s off all blood pressure medications, his lipids and triglycerides have normalized and he ran his first 5k last week!”

Dr. Carrie Shaffer



A Trip to Disney And Better Sleep

A member had an unexplained rash that flared up in the heat. Pam Huffaker, a nurse practitioner for the health center, determined it was of fungal origin and started him on oral medication. The member's wife stopped by the health center to report the rash is gone, and he's now able to work outside again.

A member who was a long-time smoker successfully quit after health coaching with Shelley Lloyd-Hankinson. She says she's using the extra money on her car payments.

A 59-year-old member began health coaching in an effort to make some necessary lifestyle changes. She has since lost 23 pounds and has much more energy to play with her grandchildren—and take them on a trip to Disney.

Since beginning care at Marathon Health, a member of Dr. Kristi Dickson's has lost 29 pounds and lowered her A1c and cholesterol to healthy levels. She recently cut her blood pressure medication in half and is on track to stop taking it all together.

A Marathon Health member struggled with anxiety, depression, a sleep disorder, hyperglycemia and hypercholesterolemia. After visiting the health center for a physical exam, he made the lifestyle changes necessary to improve his overall health. He no longer takes medications for anxiety/depression, has lost 25 pounds and is sleeping better.

A member suffered from chronic neuropathy and struggled to get around. After visiting Marathon Health and working with a health coach, he's lost 20 pounds, has started hiking and no longer feels pain in his feet.

CHRISTOPHER'S STORY:

LOSING WEIGHT BRINGS MORE MOTIVATION

"I felt lethargic and hopeless, and began experiencing symptoms of sleep apnea. I suspected all of these conditions were mainly due to my being overweight. I was quickly closing in on 300 pounds and knew I needed to set some healthy habits.

I can access my health and wellness center through Marathon Health at no cost through my employer health plan, so I made an appointment for a quarterly checkup with Physician Assistant Melanie Molligan.

Melanie explained different weight-loss programs work for different people, and suggested I try an intermittent fasting program.

Within two weeks of my appointment with Melanie, I began to watch what I ate and adjust my lifestyle to incorporate intermittent fasting. I now eat healthy food between 1 and 9 p.m. and fast the rest of the day. I began following a boxing routine and taking my pet, Katty, on walks around my neighborhood.

I have lost 40 pounds, and I'm feeling more motivated than ever to reach my goal of 220 pounds. My health has dramatically improved. I have more energy to get through my hectic work and school schedules, and to spend time with my 1-year-old daughter. I feel more motivated in my life and sleep well most nights.

I do not have a set timeframe to reach my goal, but when I do reach it, I plan on maintaining it by continuing a healthy diet and exercise routine. I'm hoping the healthy lifestyle changes I've made will stick with me for the rest of my life".



“ My health has dramatically improved. I feel more motivated in my life and sleep well most nights.”

Christopher Hernandez | Marathon Health Member



Improving Health

A firefighter and Marathon Health member struggled from stress, depression and nicotine addiction. He agreed to engage with health coaching and was prescribed an antidepressant and nicotine gum. Today, he's nicotine-free and works out every morning.

For 30 years, a member had trouble breathing, but had no idea allergies were the culprit. He was educated on triggers and began medication. He reports that he feels much better now, and his wife will sleep in the same room with him again.


A member seeking help for alcohol dependence came to Marathon Health and was referred to a recovery center where she completed a five-day stay. Now in recovery and attending therapy, she is making excellent progress.

A member visited Marathon Health with a swollen eye and forehead. During the appointment, the doctor discovered a rash on the member's leg, prompting some blood work analysis. The member was diagnosed with acute Lyme disease and was successfully treated with antibiotics.


A Marathon Health member scheduled an appointment to renew her medications. At the appointment, she was diagnosed with untreated anxiety and depression. Through medication and weekly appointments, she has since felt improvements and is seeking counseling.

"My A1c decreased from 9.8 to 6.5, my cholesterol is within normal limits and I've lost 75 pounds. I'm in my best shape since high school."

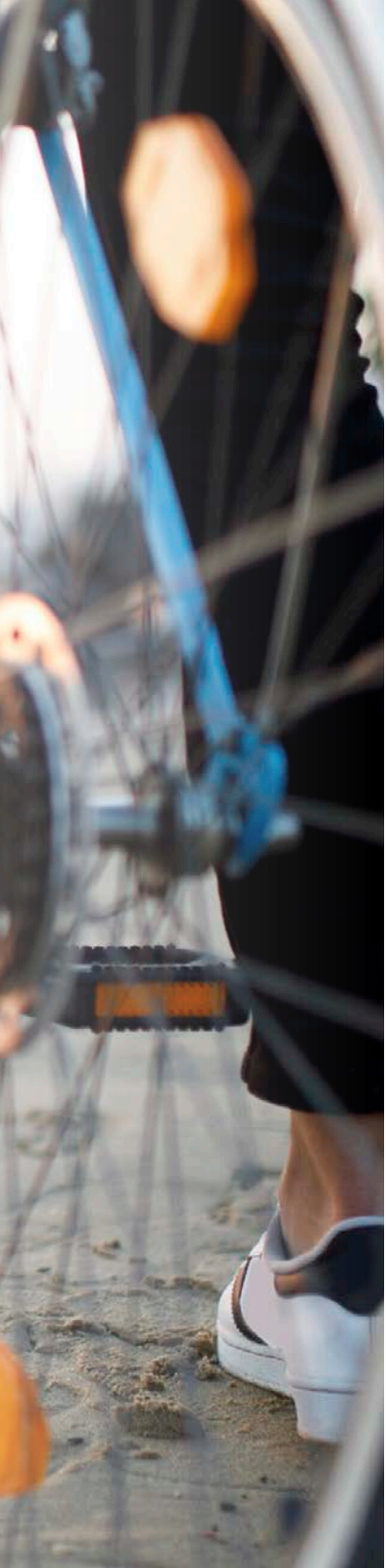


A woman with long blonde hair, wearing a white lab coat, is smiling and looking towards a man on the left. The man has dark hair and is also smiling. They appear to be in a clinical or office setting. The background is bright and slightly blurred.

“The overall results are amazing! It has been great being in control of my health, and I feel more optimistic. I’ve lost 32 pounds in just three months.”



“My health improvements give me more energy and allow me to share this ride called life with my husband and children.”



Reduced Stress and Pain Free

A Marathon Health member visited the health center with an onset of spontaneous bruising. He had a history of smoking, suffered from seizures and had recently stopped taking medications. His provider discussed the risks and importance of medication compliance at length. Today, the member has resumed taking seizure medication, expressed interest in smoking cessation and made a follow-up appointment with a neurologist.

A Marathon Health member suffered from a painful cyst on his leg that became infectious. He scheduled a same-day appointment where the staff drained and packed the cyst and then prescribed antibiotics. The infection cleared within a few days and the member no longer feels any pain.

"The physician's assistant wanted to learn about the headaches. ... I want to say she spent at least 45 minutes to an hour with me on that first visit. I can't thank her enough."

A 27-year-old member was diagnosed with high cholesterol by Marathon Health. She was referred to a lipidologist, where she was diagnosed with familial hyperlipidemia. She was put on medications, began making lifestyle changes and her LDL went from 276 to 126!

"While this experience has been devastating, the benefits of physical therapy, especially with Jon Strychasz, have been rewarding."

"Each staff member, including the nurses, call you by name and want to help with any health issue. Today, my lab results show things at normal levels, and my rheumatoid arthritis and thyroid medicine work well."

A member who initially weighed 220 pounds engaged in health coaching and lost 80 pounds in less than a year.



160 Pounds Lost and Counting...

"My initial goal was to lose 10 to 15 pounds. In less than a year, I've lost 25. Feeling better makes me a better person."

A Marathon Health member has lost more than 40 pounds since she began health coaching. Today, she feels positive and hopeful about continuing to make healthy dietary changes.

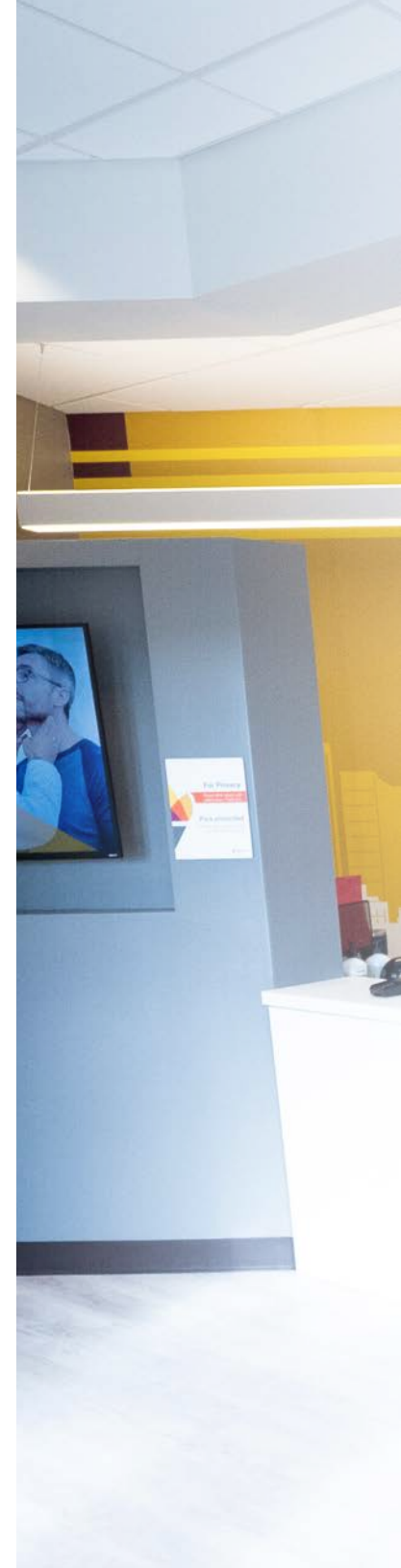
After taking Xanax for more than 10 years, a Marathon Health member was educated by her doctor on the ways it was negatively impacting her health. She has since stopped taking the drug.

Marathon Health helped a member lose 68 pounds in a little under a year.

A member visited the health center because she was struggling with depression and weight management. In a matter of three weeks, she lost 12 pounds, started sleeping better and states that her "overall well-being has improved 80 to 90 percent!"

A Marathon Health member began Weight Watchers through a work program and lost 15 pounds.

A member with a 30-year history of smoking, anxiety and depression visited the health center for health coaching. He was given medication, began exercising regularly and was able to quit smoking. He now reports his anxiety is much better.





A 60-year-old member lowered her BMI from 34.8 to 30.9 by working alongside a health coach. The member is eating healthier, exercising and staying hydrated.



DIABETES

Diabetes care has always been a big focus for Marathon Health. In fact, many members initially learn they have diabetes following a wellness screening in one of our health centers. It's scary to think how they might never have found out if they hadn't been incentivized to get a screening, or even had access to preventive care. By equipping members with a dedicated care team – providers, diabetic educators, health coaches and dietitians – all working in tandem, we're giving our members the tools to succeed.

“

Today, I feel 100 times healthier. My A1c dropped from 12 to 6, and my bad cholesterol decreased from 233 to 100. I lost almost 100 pounds.”

MARATHON HEALTH MEMBER

“

My bloodwork and A1c have returned to healthy ranges. I feel great and can physically do things I should've always been able to do.”

MARATHON HEALTH MEMBER

“

Now, I'm on a steady track upward toward a healthier me.”



Melia Adams | **Marathon Health Member**



After gaining health insurance through her employer, a diabetic member now has access to affordable medication. She has since reduced her A1c and lost 30 pounds!





Healthy Lifestyle Changes Are Key

A member weighed more than 300 pounds and had high blood pressure when he first visited Marathon Health. His doctor encouraged him to try health coaching. He focused on walking daily and drinking water over soda. He's now down 47 pounds and is on track to go off his hypertension medication.

A 52-year-old member had an A1c of 12.4 and extremely high blood pressure when she first visited Nurse Practitioner Jacqueline Kerber. She agreed to begin medication and try health coaching. She has since quit smoking and is now walking three times per week, which has reduced her stress and anxiety.

A Marathon Health member had an A1c of 13 when she first met with her doctor. She committed to making dietary changes and complied with her medications, and her A1c dropped significantly. The member told her doctor she feels better than she has in years.

A member was falling asleep during the day, had pre-diabetic A1c levels and suffered from unstable thyroid levels. He came to Marathon Health and underwent a sleep study. He was prescribed a CPAP and has since lost over 30 pounds and lowered his A1c to a healthy measure.

A member's A1c measured more than 12 when she first met her doctor. She credits the doctor's guidance to helping her lose 15 pounds and lower her A1c to a healthy measure. Furthermore, the member feels motivated to quit smoking.

After a close call, a member felt determined to take his diabetes seriously. Within 3 months of working with Jody Joseph, NP, his A1c dropped from 7.7 to 6.3 and he lost 35 pounds! the member was also able to quit smoking.

CODEY'S STORY

LEARNING TO MANAGE TYPE 2 DIABETES WITH HEALTH COACHING

"Weighing 291 pounds, I knew I was very overweight. I felt unhealthy, and for years I suspected I had Type 2 diabetes.

I finally made an appointment to see Dr. Joseph Reynolds and Registered Nurse/Health Coach Susan Hellman at the HealthQuest Health Center, my employer-sponsored medical center offered by the State of Kansas.

My A1c was over 10 and my fasting blood sugar level was over 300. I have seen my mom give herself insulin shots. The shots look awful and something I don't think I could handle doing daily. I knew that would be in my future if I didn't make changes. I also have a 2-year-old son and want to make sure I'm in his life as long as I can be.

Dr. Reynolds explained that even though Type 2 diabetes is a lifelong condition, it can be managed with a healthy diet and exercise plan. He informed me insulin shots only become necessary when the condition goes unmanaged for a long period of time. One of the biggest changes I made was related to what I drink. I drank four to five cans of soda a day. Now, I only drink water, and if I opt for something else, it's still zero sugar. I limit myself to 1700 calories a day and pay attention to nutrition facts. To keep track, I've been using a food diary and I weigh my food to ensure accurate portions. I work out six days a week.

The hardest step is always the first. But it's not as hard as you think it'll be. As someone who loves eating and hated exercise, it really never was the struggle that I imagined it'd be. Start slowly and ease yourself into making changes, and next thing you know, six months will have flown by and you're down 90 pounds. My A1c dropped to 4.6 and my blood sugar level is now under 100. I'm definitely in the best shape I can ever remember."



“

As someone who loves eating and hated exercise, it really never was the struggle that I imagined it'd be. Start slowly and ease yourself into making changes.”

Codey Burton | Marathon Health Member

The Holidays Are Fun Again!

A member began engaging with Marathon Health to improve his physical and mental health. He's making great progress and already lost more than 25 pounds. He reports this is the first holiday season he can remember enjoying in several years.

A member presented with an A1c of 10 at his annual physical. After declining medication, Dr. Terry Layman directed the member to try health coaching. Within six months, the member lost 25 pounds and lowered his A1c to a non-diabetic level.

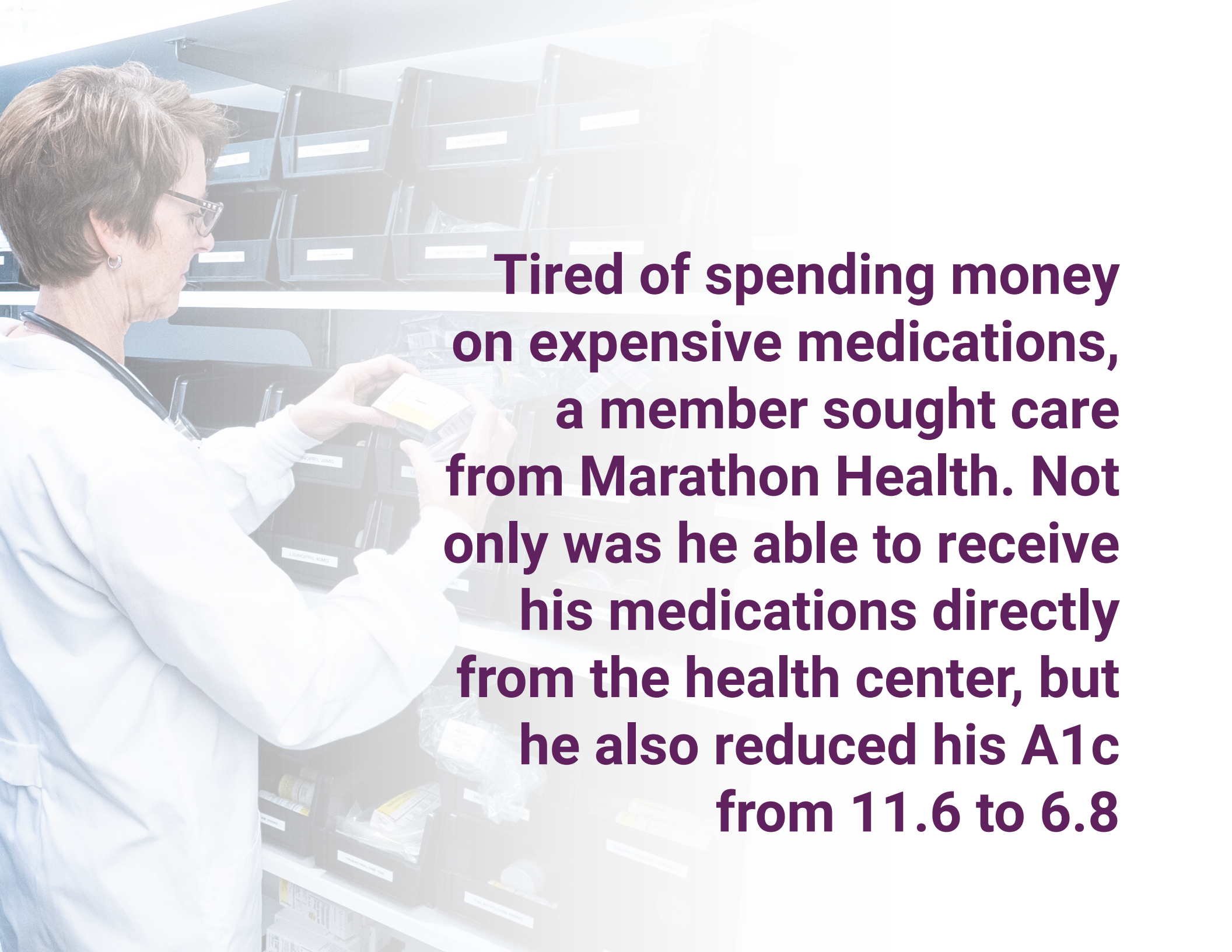
Within a year of starting health coaching, a member lost over 30 pounds and her A1c has dropped to a healthy measure without the use of any medication.

Dr. Tim Peters reports a member has lost more than 25 pounds through diet and regular exercise. Her A1c dropped from 6.5 to a non-diabetic level and her blood pressure and cholesterol are now well-controlled.

A diabetic member lowered her A1c from 12.5 to 8.2 after her Marathon Health provider encouraged her to start taking medication and adopt a healthier lifestyle.

"I have lost 40 pounds, brought my blood pressure under control, and reduced my A1c from 7.8 to 5.1."





Tired of spending money on expensive medications, a member sought care from Marathon Health. Not only was he able to receive his medications directly from the health center, but he also reduced his A1c from 11.6 to 6.8

HYPERTENSION

There's a reason why hypertension is known as the "silent killer." It has few noticeable symptoms and significantly increases the risk for fatal events stemming from heart disease, stroke and kidney disease. The CDC reports that a third of adult Americans have hypertension, and another third have pre-hypertension. Our telephonic outreach program is designed to connect our health center teams directly with patients who had elevated blood pressure readings from previous visits. Through the personalized outreach of our health center staff, we engaged more than 1,000 members to schedule a follow-up appointment. And we know for sure that at least one of those calls saved a life!

A member visited Marathon Health because he "wanted to live a healthier lifestyle and live unafraid of strokes." After visiting his hometown in the Congo of Africa, the member noticed his eating habits in the States had allowed him to gain more than 50 pounds. By the age of 38, he'd already suffered two strokes. After working with the care team, he began exercising, monitoring his sodium intake and cutting back on eating out. Today, his blood pressure is much lower and he's on track to get off his medications.

A member lost more than 80 pounds and significantly improved her blood pressure through health coaching with Marathon Health. She states she now feels committed to changing her relationship with food and exercise.

“

Our high-risk outreach has saved a life! I called one of the members to get him back in here for labs and follow-up, and Elizabeth Jernagan, NP, ended up sending him for a stress test because of his family history. He was not symptomatic, but his father died at age 51 from a heart attack and the member is 55, so therefore she felt it was important. The member had his stress test yesterday and the cardiologist called and informed us they were sending him for open heart surgery (triple bypass) because he has over 90% blocked in all three main arteries!”



Rachel Bridges, **RN**



A Marathon Health member lowered her blood pressure and thanks the health center providers and staff for “taking such great care of her.”



No More Energy Drinks!

After working with nurse Carrie Polletta to make healthy lifestyle changes, a member no longer needs to take blood pressure or cholesterol medication.

After visiting Marathon Health, a member lost 17 pounds, lowered his blood pressure and is actively working to quit smoking.

A member has lowered her blood pressure from 154/110 to 118/80 since she started engaging with Marathon Health at the start of the year.

A member significantly lowered her blood pressure and cholesterol and lost 65 pounds through regular engagement with Marathon Health.

A Marathon Health member's blood pressure measured 170/113 during his initial visit. He was counseled on his excessive use of energy drinks and a few months later, his blood pressure dropped to 136/84.

A member came to Marathon Health with high blood pressure and was given medication to control it. Nurse Practitioner Lisa Clauson began seeing her regularly and within six months, she lost 20 pounds, lowered her blood pressure and got rid of persistent headaches.

After failing his DOT exam due to hypertension and hearing loss, Marathon Health referred a member to be fitted for hearing aids. He's since passed his exam and is now back to work.



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