

The Path to Better Health

Marathon Health is on a mission to transform patient lives each and every day. Our care teams partner with your employees to provide affordable, high-quality healthcare by building trusted relationships leading to better health outcomes.

Follow the journey for three of our patients who took the steps to prioritize their health and wellness with our care team by their side.

PATIENT **Abby**



AGE: 42
JOB: Professional Remote Employee
GOAL: Stay on top of overall health and wellbeing
ACCESS TO: Marathon Health Network

PATIENT **Brian**



AGE: 32
JOB: Teacher
GOAL: Wants to lose 75 pounds
ACCESS TO: Onsite Health Center

PATIENT **Eddie**



AGE: 63
JOB: Manufacturing - Union
GOAL: Wants help managing his diabetes
ACCESS TO: Marathon Health Anywhere Virtual Care & Near-Site Health Center for Union Members

PATIENT **Abby**



AGE: 42
JOB: Professional Remote Employee
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New hire joins company

Receives personalized Marathon Health Welcome email



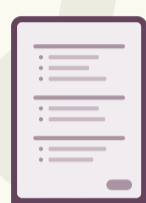
Creates a Marathon Health Portal account online



Schedules appointment for biometric screening



Receives email about \$100 company incentive to complete a biometric screening



Completes online Health Risk Assessment (HRA) in the Portal



Receives a reminder 2 days before screening with instructions



Greeted by Medical Assistant



Visits a Network Marathon Health Center

in her local retail shopping complex, 5 miles from her home for appointment at 9 a.m.

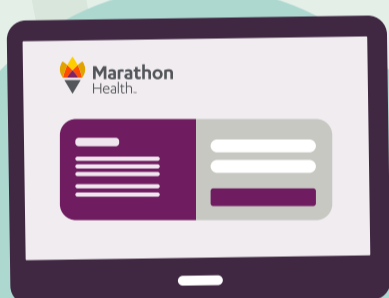


During the visit, Abby undergoes:

- ✓ Blood collection
- ✓ Blood pressure test
- ✓ Body measurements
- ✓ Discusses status of preventive screenings



Schedules follow-up visit a week later to review the biometric results



Abby reviews biometric screening information in patient portal



Visit health center

Greeted by Medical Assistant and taken to exam room in less than 2 minutes



Meets medical provider

Who begins a 45-minute, in-depth review of biometric results and Health Review Assessment



Provider has a conversation with Abby

Asks questions to work with her to determine if there are areas of health and wellness she'd like to focus on



Together, they develop a health and wellness plan and set small goals:

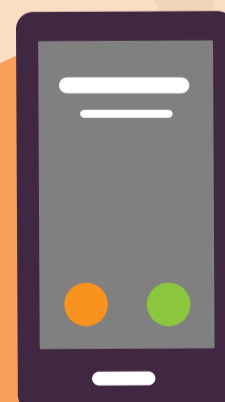
- ✓ Get more sleep
- ✓ Eat more fruits and vegetables
- ✓ Continue walking routine 3 to 4 times a week



Provider reminds Abby it is Breast Cancer Awareness month



Provider sends referral to referral team to assist in scheduling mammogram for patient



Referral Coordinator calls

Follows up with Abby within 1 business day regarding mammogram



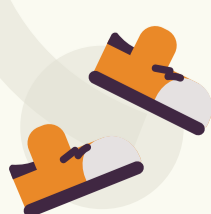
Abby receives her first mammogram

Negative results are sent to her and Marathon Health



Abby visits patient portal

She tracks other incentives offered by her company's health and wellness program



Joins 30-day walking challenge

PATIENT **Brian**



AGE: 32
JOB: Teacher
GOAL: Wants to lose 75 pounds
ACCESS TO: Onsite Health Center



Aware of Marathon Health

from virtual health coaching lunch and learns, emails and postcards

Sees care team at company events



Receives comprehensive health review at his onsite Marathon Health center

Receives a call from Medical Assistant
Brian is due for annual comprehensive health review and schedules appointment



Meets with health coach to discuss the reasons he's looking to lose weight and the goal he'd like to achieve



Meets biweekly virtually with a health coach



Continues to meet with provider to discuss challenges

At each 30-minute visit, Brian and the health coach discuss:

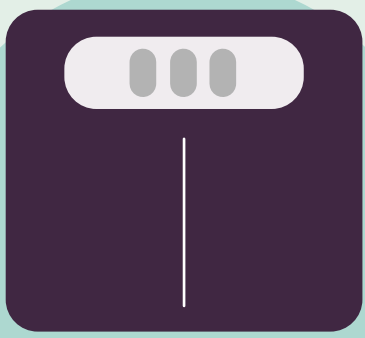
- ✓ Nutrition
- ✓ How to read labels online
- ✓ How to create a grocery list



Sees care team outside walking at lunch and joins them for exercise



Asks co-workers to join him on the next walk



After 1 year, loses 42 pounds



Provider builds trust
Uncovers patient's depression and social isolation and impact on progress

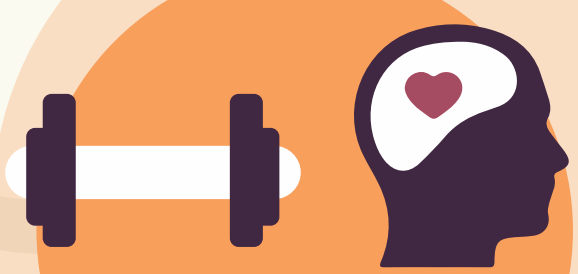
Suggests patient meet with behavioral health counselor



Introduces patient to the counselor and schedules an appointment



Care team collaborates on care including medication for depression



Continues to make progress both physically and mentally



Care team is able to watch for side effects, especially those impacting weight gain



Brian begins to gain confidence
He tells his care team he's happy and feeling the healthiest he's ever been in his life

PATIENT **Eddie**



AGE: 63
JOB: Manufacturing - Union
GOAL: Wants help managing his diabetes
ACCESS TO: Marathon Health Anywhere Virtual Care & Near-Site Health Center for Union Members

Diagnosed with diabetes by primary care physician

After multiple visits and multiple medications, plus insulin, A1c still not in healthy range

Receives postcard in the mail about Marathon Health Anywhere Virtual Care

Referred to specialist, but decides deductible is too high and puts off visit

Calls phone number where he is assisted in scheduling his visit

Meets with Marathon Health Nurse Practitioner virtually

Nurse Practitioner discovers:

- Patient has not been taking medication
- Patient does not own a glucometer even though he is taking bedtime insulin

Nurse Practitioner makes an appointment for Eddie to receive his biometric screening at the near-site health center and A1c for a time convenient for him

Nurse Practitioner informs Eddie about our diabetes self-management program which can help him learn how to better manage diabetes

Lets Eddie know that his employer has an incentive for participating that covers his glucometer and supplies as long as he meets the program criteria

Eddie agrees to participate

Eddie receives glucometer and testing strips in the mail

Receives biometric screening and lab work at the near-site health center to assess his baseline

Nurse Practitioner shows Eddie how to use his new glucometer, when to test and what the numbers mean

Eddie's A1c is within acceptable range, blood pressure at goal, lost weight

Attends 6 group, hands-on sessions

Now that he understands what impacts his glucose and how to better manage things, the Nurse Practitioner decreases Eddie's insulin dosage

as part of the Diabetes Self-Management Education Program, along with a couple individual health coaching appointments

Proud of his accomplishments and praised by his health coach for his success

Shares his story with other co-workers and encourages them to check out Marathon Health