

Upstream care, downstream impact

5

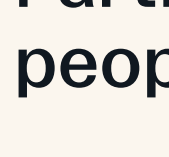
common conditions with outcomes transformed by advanced primary care

When people engage with preventive care, health improves and organizations feel the impact. Marathon Health connects people to proactive, whole-person care—improving well-being and delivering measurable ROI.

Based on an analysis of millions of claims, engaged Marathon Health members with these five common conditions consistently see lower costs.

8.6%

of U.S. adults have asthma¹



Asthma

Partnership helps people breathe easier

Frequent touchpoints and personalized treatment plans support medication adherence, increase vaccination rates, and reduce the exacerbations that require acute care. Costs shift from acute care settings to regular office visits, decreasing spend overall.

259

work hours are missed each year for employees with severe uncontrolled asthma—costing employers up to \$5.9K per person²

Impact to spend for asthma-related visits, by type³

Urgent care visits

45%

Emergency department (ED) visits

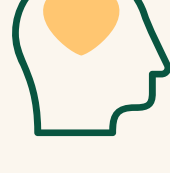
48%

Inpatient admissions

88%

Asthma care overall

6%



Behavioral and mental health

23.1%

(more than 1 in 5 adults) live with a mental illness⁴

Care that shows up early changes lives

Routine screenings and accessible mental health support lead to earlier detection, improved diagnostic accuracy, and better medication management—preventing crises and strengthening overall quality of life while lowering care costs across a variety of concerns.

\$134B

in annual healthcare costs for depression⁵

\$47.6B

in annual productivity loss from unplanned absenteeism among workers who rate their mental health as fair or poor⁶

Impact to spend among engaged members, by diagnosis⁷

Uncomplicated opioid dependence

20%

Anxiety disorders

42%

Major depression

12%

127.9M

U.S. adults—nearly half—have a form of CVD⁸



Cardiovascular disease (CVD)

Stronger hearts start with steady care

Consistent check-ins, medication management, and coaching for stress reduction help prevent costly cardiac events. When APC teams manage heart health proactively, both outcomes and budgets stay steady.

\$393B

in direct U.S. healthcare costs annually, projected to reach \$1.49T by 2050⁹

\$234B

in productivity losses annually, projected to reach \$361B by 2050¹⁰

Impact to spend for CVD-related visits, by type¹¹

ED visits

34%

Inpatient admissions

27%

CVD care overall

24%



Diabetes

40.1M

people in the U.S. are estimated to have diabetes¹²

Balance improves with everyday support

APC teams help members monitor glucose, stay on medications, and make lifestyle changes that prevent complications, keeping conditions managed and costs predictable.

\$306.6B

in annual healthcare costs for diagnosed diabetes¹³

\$106.3B

in indirect costs each year from reduced employment, absenteeism, and presenteeism¹⁴

Impact to spend for diabetes-related visits, by type¹⁵

Office visits

37%

Urgent care

43%

ED visits

33%

Inpatient admissions

53%

127.4M

people in the U.S.—40.9% of the population—are affected by disabling musculoskeletal conditions¹⁶



Musculoskeletal issues

Better mobility begins before the pain peaks

Addressing musculoskeletal issues early in primary care—through exercise, weight management, NSAID optimization, and timely referrals to integrated physical therapy—prevents unnecessary imaging, procedures, and avoidable orthopedic and ED utilization.

\$380.9B

in direct U.S. healthcare costs annually¹⁷

71%

of U.S. employers identify musculoskeletal conditions as one of the top conditions driving healthcare costs¹⁸

Impact to spend among engaged members, by diagnosis¹⁹

Knee osteoarthritis

9%

Hip osteoarthritis

44%

Low back pain

35%

When care starts early, improvement follows everywhere



Marathon Health's claims analysis showed that engaged members experience fewer hospitalizations and emergencies, a significant contributor to reductions in cost.

Engagement in action²⁰

82%

higher primary care use

41%

fewer inpatient admissions

31%

fewer urgent care visits

15%

fewer ED visits

21%

lower claims costs

APC generates lasting returns

ROI that grows with time

1.2x ROI

Year 1
Pays for itself fast

3.1x ROI

Year 3
Engagement accelerates savings

3.7x ROI

Year 5
Sustainable, compounding value

Every condition tells the same story: Earlier, more holistic care—where providers have the time to understand patient complexities and address root causes—drives measurable ROI.²¹

Savings that add up²²

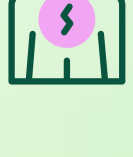


\$93

per member per month (PMPM) in savings

\$1,100+

annual savings per engaged member



\$113

PMPM in savings for those with one or more chronic conditions

\$1,300+

annual savings per engaged member with a chronic condition

Care that pays off in every way

Marathon Health delivers what organizations value most—healthier people, sustainable cost savings, and long-term results built on compassion. Early connection to care changes everything downstream.

Learn more in our eBook, [Unpack the ROI of advanced primary care.](#)

Read now

