

MARATHON HEALTH

Healthy Hearts Program



Heart disease is the leading cause of death in the U.S. and 805,000 people have a heart attack each year, according to the CDC. Marathon Health has created a personalized lifestyle modification program to help your employees take control of their heart health and combat the disease. The Healthy Hearts Program includes education and group support to lower the risk of heart disease and heart attack.

With the help of their Marathon Health care team, our program offers ongoing support and focuses on goals to help your employees succeed.

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The care and attention shown by Marathon Health goes a long way in ensuring that your health issues are short-lived.

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– KRISH, MARATHON HEALTH MEMBER

Risk factors for heart disease



High blood pressure



High blood cholesterol



Smoking



Diabetes



Overweight and obesity



Unhealthy diet



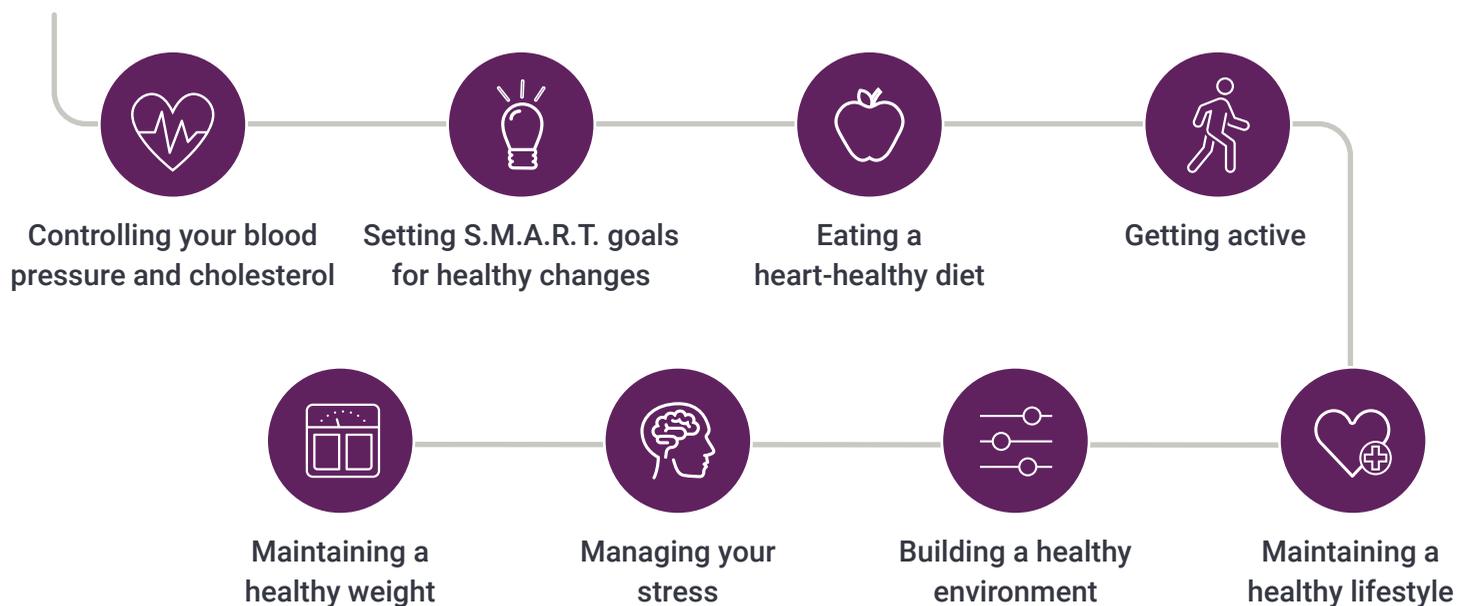
Physical inactivity



Excessive alcohol use

*Centers for Disease Control and Prevention (CDC)

The Healthy Hearts Program



We ask employees to receive a biometric screening or physical from Marathon Health to better understand their overall health when they begin the program.

Sessions include educational handouts, worksheets and assignments to set a health vision and goals,

food journaling, tracking activity and developing a stress management plan.

To continue to help employees reach their health goals, we encourage employees to take advantage of additional one-on-one health coaching through Marathon Health.



Incentives

Employers have the option to offer a health and wellness incentive to encourage employees to complete the program.

Interested in offering the Healthy Hearts Program and other health programs to your employees?

Talk to your client advocate or send us a message at marathon-health.com/contact.