



Mental health

LiveBetter by Marathon Health



Care for the whole person

Mental health needs surface in up to 75% of primary care visits—yet most members are referred to disconnected systems, facing months-long waits and unaffordable costs.¹ We change that.

By embedding mental health clinicians directly within advanced primary care, members get direct access to high-quality, personalized support within the healthcare home they already trust.

For organizations, it goes beyond access—delivering quality, accountability, and ROI. For members, it's the connected, consistent care they need to live and work better.

Go beyond episodic support

- **Integrated, whole-person care:** Mental and primary care teams coordinate treatment to support the whole person—not just the presenting condition
- **Frictionless access:** Meet members where they're comfortable—in-person or virtually—with minimized wait times, little to no cost, and unlimited visits
- **Proactive support:** Early intervention and trusted relationships move care upstream—preventing crises and promoting health
- **Strengthen culture, reduce stigma:** Workplace trainings normalize seeking support and drive meaningful engagement
- **Quality you can measure:** Evidence-based, high-quality care backed by rigorous oversight and transparent reporting

A problem worth solving

23%

of adults experience a mental illness²

300%

increase in mental-health related leaves of absence 2019-2024³

\$187+ billion

annual healthcare and productivity cost of depression to U.S. employers⁴



To learn more,
contact us at
[marathon.health/
chat](https://marathon.health/chat)



Your members' healthcare home

- Master's-level or higher, licensed mental health providers build on trusted primary care relationships
- Continuous care with the same clinician—no session limits, no starting over
- Full spectrum care personalized to emotional, physical, work, and social context
- Clinical oversight supports high-quality, evidence-based care
- Same- or next-day appointment availability

Comprehensive mental health



Individual, family, and couples therapy

Anxiety, depression, and mood disorders

Grief, substance misuse, and select trauma support

Stress, grief, and more

Mental Health First Aid and manager trainings

Health promotion webinars and workshops

Crisis support and safety planning

Referrals to high-value specialists, if needed

Coordinated treatment and follow-up



\$2,300+

annual savings per member for those engaged with LiveBetter compared to community mental health providers⁷

“I leave every session as a better person, and I gain confidence that I can conquer the hard things in life.”

— LiveBetter patient

Support the people that support you

LiveBetter outcomes⁵

<10-day

average wait time for first appointment, vs. 6-week national average⁶

81%

are established with both Marathon primary care and mental health

54%

improved anxiety symptoms

53%

improved depression symptoms

97

net promoter score among members



Learn more at
marathon.health/chat

⁵Marathon LiveBetter book-of-business, 2025 calendar year ⁶National Council for Mental Wellbeing ⁷Marathon LiveBetter savings analysis, 2026

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