



Chronic Condition Coaching



We're here to make life easier

We want to help you **find relief while living with a chronic condition.** We work with you to manage your symptoms and make a plan to improve your health. Our goal is to help you care for yourself.

What should I expect?

Your Marathon Health provider will help you navigate your healthcare resources and **create a personal program** to manage your condition. Plus, we coordinate your care with your other providers to ensure you're up to date on your tests and vaccines.

Is this program for me?

Anyone with one of the following conditions is eligible for this program:

- Asthma
- Chronic obstructive pulmonary disease
- Coronary artery disease
- Depression
- Diabetes
- Gastroesophageal reflux disease (GERD)
- Heart failure
- Hypertension
- Low back pain
- Metabolic risk syndrome
- Osteoarthritis
- Rheumatoid arthritis
- Sleep apnea

“At Marathon Health, my provider involves me in my health plan - I'm part of the team. They helped me become more stable and better manage my condition.”

- Dawn

To schedule an appointment, please visit my.marathon-health.com or call your health center.

Marathon
health
For life.