



LiveBetter by Marathon Health

Mental health can be difficult for employees to talk about, but it's just as important as their physical health.

Employers and organizations can play a crucial role in creating a mentally healthy work environment. By partnering with us, you can help break down the stigma and provide easier access to mental healthcare so your people can get the care they deserve.



About **1 in 4 U.S. adults** suffer from a diagnosable mental health disorder each year.¹



30% reported unable to get treatment and **40%** couldn't afford it.²



The average annual treatment costs for those with mental health conditions are **2.8 to 6.2** times higher.³



Employee stress, anxiety, depression, and substance misuse lead to high turnover, burnout, exhaustion, and reduced motivation.

Our solution

LiveBetter by Marathon Health is our comprehensive mental health solution available in our health centers or virtually. Our licensed mental health clinicians offer patient-centered, evidence-based therapy.

What are the benefits of our mental health services?

- ▶ **Increased access** to mental health counseling
- ▶ **Collaboration** between care teams and mental health clinicians
- ▶ **Referrals and care coordination** when necessary
- ▶ **Reduces stigma** to create a mentally healthy workplace
- ▶ **Improvements in productivity** and reduction in turnover
- ▶ **Significant savings** from redirected care

What can we treat?

- Stress
- Anxiety
- Depression
- Grief
- Relationship issues
- Trauma and more

Who can receive care?

- Individuals (age 12+)
- Couples
- Families

45% savings (avg. \$6,148) for engaged patients using both mental health and primary care.

29% of those actively involved in mental healthcare saw a significant reduction in severe depressive symptoms.

34% of those actively involved in mental healthcare saw a significant reduction in severe anxiety symptoms.

Improve health outcomes by integrating primary and mental healthcare

To learn more, contact us today at marathon-health.com/contact