

# Overview & FAQ

## Marathon Health Anywhere: What to Expect

Scheduling an appointment with Marathon Health Anywhere is easy. And getting the care you need is even easier. That's because our focus is always on you—the member patient.

## How do I set up an account with Marathon Health Anywhere?

You can set up an account in five easy steps:

1. Visit the Marathon Health portal at [marathon-health.com](https://marathon-health.com).
2. Click New? Register Now.
3. Fill in the requested information and click Next.
4. Provide your employer name and then select your member type (employee, spouse, dependent, etc.). Click Next.
5. Provide the information required in the form and click Finish.

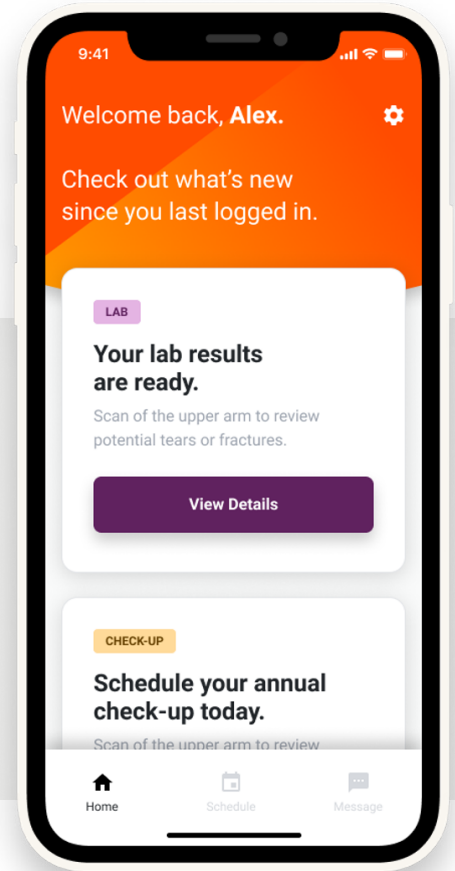
*That's it! Once you complete that, you can begin scheduling appointments!*

## How do I schedule an appointment?

Once you register on our portal and set up an account, then getting the care you need is just a click or call away. Simply log in at [marathon-health.com](https://marathon-health.com) and select Schedule an Appointment. Or if you prefer, you can schedule an appointment via our Marathon Health app. Download the app in either the Google Play or Apple app stores

## Why is my social security number required?

We use your social security number only to verify with your employer that you are eligible to receive the benefit. Marathon Health is required by law to maintain the privacy and security of your protected health information under the Health Insurance Portability and Accountability Act (HIPAA). We will not share any personally identifiable information with your employer.



**Your First Step is to Register Your Marathon Health Portal**  
Scan the QR code to get started at [marathon-health.com](https://marathon-health.com)

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### When are appointments available:

Whenever you need us! To see your preferred provider, you need to schedule an appointment for Monday – Friday, 7 a.m. – 5 p.m. During this time, the same dedicated care team is available, so you can request appointments with the provider of your choice. But if you need care after-hours or on the weekends, we're still here for you. An on-call team is available 24/7/365—whenever you need care.

### What types of medical services are provided by Marathon Health Anywhere?

#### With Marathon Health Anywhere, you have access to:

- Full-service virtual primary and sick care
- Behavioral health counseling
- Health coaching to help you lose weight, manage chronic conditions, or relieve stress
- Chronic care management through digital medicine tools
- Medication and lab services

### Can I have the same provider each time?

Yes! Our dedicated care team is available Monday – Friday, 7 a.m. – 5 p.m., so you can request appointments with the provider of your choice.

### What happens during an appointment?

You meet with a primary care doctor or another member of our clinical team. They provide a treatment plan and, if appropriate, continue to monitor your care with our digital medicine tools that you take home with you. And if additional care is required, our concierge care coordinator will work with you to make referrals and coordinate care with other providers.

### What are some of the at-home digital medicine tools you use?

If needed, we can equip you with Bluetooth/WIFI-enabled BP cuffs, glucometers, scales or wearables.

### What does your health coaching focus on?

Our coaches are focused on helping you live your best life. We provide individual coaching and group wellness programming to help you manage:

- Weight loss
- Chronic disease management (i.e. diabetes, heart disease)
- Stress management

### What sort of behavioral services do you provide?

Our trained counselors are available to help you manage many things, including:

- Depression
- Anxiety
- Stress
- Addiction/substance abuse



To get started,  
scan the QR code  
to register a  
secure account.