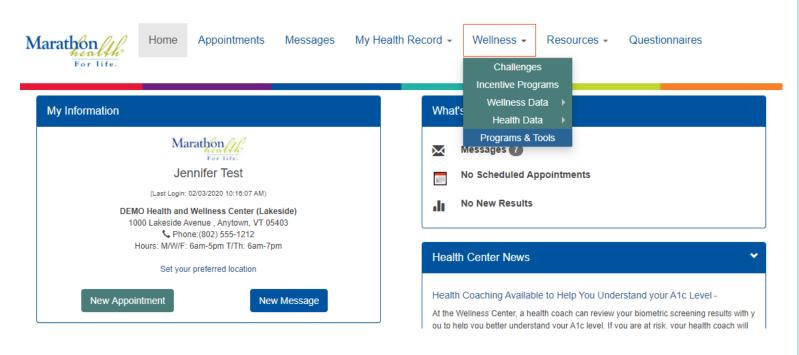
## Wellness Programs on the Marathon eHealth Portal

The Programs & Tools page contains over thirty-five educational programs designed to help manage your health. The programs cover numerous health conditions and wellness topics and consist of articles and videos that can be reviewed at your discretion. Your Marathon Health provider may recommend that you review specific programs.

To get started, sign into the Marathon eHealth Portal at https://my.marathon-health.com. You can log into the Portal from any computer or mobile device that has access to the internet. If you need assistance with your username and/or password, please click the "Forgot Password/Username?"



The Wellness Programs can be found in the Wellness tab, then select Programs and Tools.





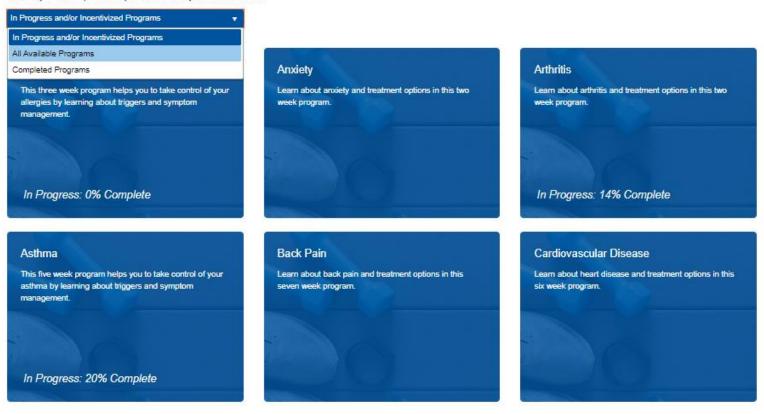
## Wellness Programs on the Marathon eHealth Portal

## View Your Wellness Programs

Once you navigate to the Programs and Tools page, you can select which programs you would like to view from the dropdown box as well as programs you have started and completed.

## Programs & Tools

The following Programs are designed to help you manage your health. Your Marathon Health provider may recommend these to you or you may complete them on your own. Should you have questions please contact your health center.



To start a Wellness Program, click on the program and the tasks of the program will appear. Click on the article to read or video to watch to complete a percentage of the program. Once that you have completed that task, it will be indicated as "Completed" with the date of completion.

