

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?"

Welcome
to the Marathon eHealth Portal
Log in and explore

On the Marathon eHealth portal, you can:

- Make appointments
- Send messages to your providers
- Complete your health questionnaires
- Track your health status and results
- Be active in your own health and healthcare

The Marathon eHealth Portal is a secure and convenient tool to help you be active in your health. If you are experiencing a medical emergency, call 9-1-1.

Log In

Username

Password

LOG IN

Forgot [Password](#) or [Username?](#)

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

Marathon health For life.

Home Appointments Messages My Health Record Wellness Resources Questionnaires

Challenges
Incentive Programs
Wellness Data
Health Data
Programs & Tools

My Information

Marathon health For life.

Jennifer Test
(Last Login: 02/03/2020 10:16:07 AM)

DEMO Health and Wellness Center (Lakeside)
1000 Lakeside Avenue, Anytown, VT 05403
Phone: (802) 555-1212
Hours: M/W/F: 6am-5pm T/Th: 6am-7pm

Set your preferred location

New Appointment New Message

What's New

Messages
No Scheduled Appointments
No New Results

Health Center News

Health Coaching Available to Help You Understand your A1c Level -
At the Wellness Center, a health coach can review your biometric screening results with you to help you better understand your A1c level. If you are at risk, your health coach will

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.

In Progress and/or Incentivized Programs

In Progress and/or Incentivized Programs

All Available Programs

Completed Programs

This three week program helps you to take control of your allergies by learning about triggers and symptom management.

In Progress: 0% Complete

Anxiety

Learn about anxiety and treatment options in this two week program.

In Progress: 0% Complete

Arthritis

Learn about arthritis and treatment options in this two week program.

In Progress: 14% Complete

Asthma

This five week program helps you to take control of your asthma by learning about triggers and symptom management.

In Progress: 20% Complete

Back Pain

Learn about back pain and treatment options in this seven week program.

In Progress: 0% Complete

Cardiovascular Disease

Learn about heart disease and treatment options in this six week program.

In Progress: 0% Complete

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.

Allergies

In Progress: 6% Complete

This three week program helps you to take control of your allergies by learning about triggers and symptom management.

Week 1

Allergic Reaction	Completed: 02/04/2020
Allergic Reaction Home Treatment	✓ Complete
Allergic Reaction Prevention	✓ Complete
Allergic Rhinitis	✓ Complete
Food Allergies	✓ Complete
Drug Allergies	✓ Complete
Allergies to Insect Stings	✓ Complete