

MARATHON HEALTH'S

S.P.A.R.K. Total Health Program



Support



Prevention



Assessment



Results



Knowledge

Marathon Health offers a personalized lifestyle modification program to help your employees take control of their health to prevent chronic health conditions. The S.P.A.R.K. Total Health Program focuses on the key components of Support, Prevention, Assessment, Results and Knowledge. With the help of our health care team by their side, your employees learn how to create smart goals and develop strategies to turn healthy choices into daily habits in the group program.

Throughout the sessions, your employees learn about metabolic syndrome – a group of health conditions that increase the chances of heart disease, stroke and Type 2 diabetes. Our health coaches also offer guidance on diet, exercise, stress management and healthy coping skills that your employees can put into practice every day to achieve their best health.



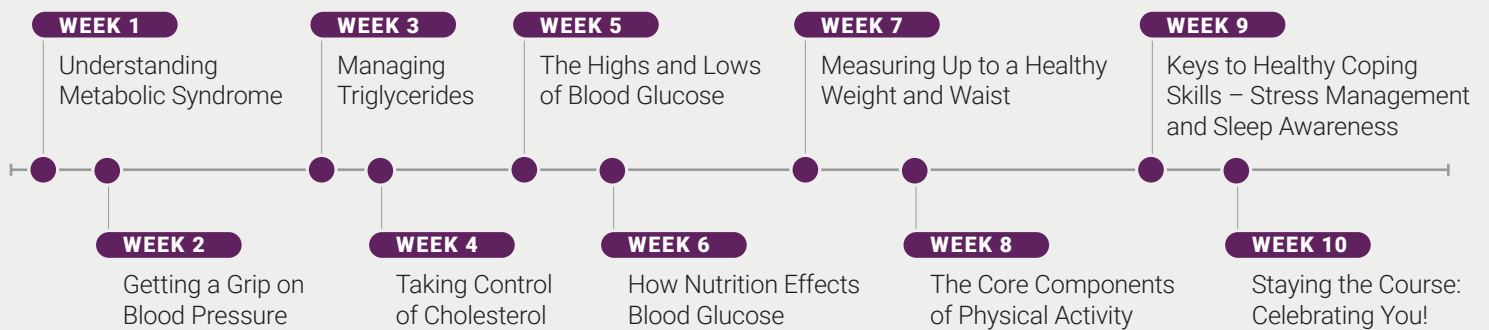
I have high cholesterol and didn't really think about how it has affected me (other than it being bad). The S.P.A.R.K. program is so informative, and now I can really understand why it is so important to live a healthier life. I have changed my goals in my life. I want to feel better and not just look better. I want to thank the whole team for helping me change my lifestyle and for taking the time to help me.


– MEMBER ALANA DIETZ-SMITH

Program Overview

Our care teams tailor each program as they get to know the employee groups who participate. The program features 10 group sessions focused on education, impact on life, risk factors, diagnosis, prevention, and activities to reverse health conditions.

The S.P.A.R.K. program also incorporates 2 one-on-one sessions where employees get a better understanding of their current health and support in creating an individualized plan to achieve their personal wellness goals.



 To continue to help employees reach their health goals, we encourage employees to take advantage of additional one-on-one health coaching through Marathon Health.

Interested in offering the S.P.A.R.K. Total Health Program and other health programs to your employees?

Talk to your client advocate or send us a message at:
marathon-health.com/contact

