



Take Charge of Your Blood Pressure – At No Cost to You

Managing high blood pressure is easier when you have the right support. As part of your Marathon Health benefits, you now have access to tools and care designed to help you stay in control:

Chronic Disease Management Services

- Work closely with your Marathon Health provider to monitor and manage your blood pressure
- Get guidance on nutrition, exercise, and lifestyle changes proven to lower risk
- Access ongoing support for related conditions like high cholesterol, diabetes, and more

Health Coaching

- Build healthy daily habits that support heart health
- Stay motivated and accountable to your goals
- Create and stick to a care plan tailored to you

How to Get Started:

1. Schedule a Chronic Condition Management or Health Coaching visit with your Marathon Health provider.
2. Together, you'll create a personalized care plan focused on lowering and controlling your blood pressure.
3. Continue with regular visits and coaching to track your progress and celebrate your wins.



Schedule an appointment today by calling 866-434-3255 or visit clients.marathon.health/IU



INDIANA UNIVERSITY

Source: cdc.gov/diabetes/prevention/about-prediabetes.html
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