



Health coaching services



Your employer has partnered with Marathon Health to offer personalized health coaching services. You have access to a certified health coach, Jamie Leslie, RN Health Coach, in Cincinnati through our virtual platform.

Health coaches empower you to make sustainable changes that lead to better health. Whether you're managing a chronic condition, working toward specific goals, or simply seeking a healthier lifestyle, we're here to support you.

Not sure where to start or what to focus on? Make an appointment today!

Through one-on-one guidance, accountability, and ongoing motivation, our health coaches meet you where you are in your health journey and support you every step of the way.

Our health coaches can help with:

- Achieving/maintaining a healthy weight
- Stopping tobacco or nicotine use
- Meal planning and portion control
- Increasing physical activity
- Improving sleep quality
- Managing stress and work-life balance
- Boosting energy and overall well-being



Schedule an appointment

Scan the QR code, call 614-699-2847
or visit my.marathon.health

