

Marathon Behavioral Health vs. Optum EAP

Marathon Behavioral Health and Optum EAP offer confidential support for mental and behavioral health, financial and legal advice, family support, relationship help and more.

Marathon Behavioral Health is accessible to all associates, regardless of J. J. Keller health plan participation, and spouses who are on the J. J. Keller health plan. Optum is available for any associate or member of their household, including dependents living away from home.

The table below highlights each resource's capabilities and services.

Marathon Behavioral Health	Optum EAP
All associates provided they are enrolled in some form of health insurance. J. J. Keller plan not required for service.	All associates regardless of health insurance enrollment
Spouses enrolled in a J. J. Keller health plan	All household members regardless of health insurance enrollment
Schedule appointment via Marathon Health Portal	Schedule via Optum website or phone number
Appointments available within 1-3 days	Appointment availability based on provider availability
Providers are Master level clinical mental health counselors - all licensed.	Providers may be psychologist or master level specialist trained in social work, professional counseling or family and marriage therapy.
Associates and spouses on the plan have access to licensed providers who can treat anxiety, depression, grief, trauma, stress, relationship challenges, and mood disorders.	Associates and any household member have access to relationship support, workplace conflicts, parenting and family issues, stress, anxiety and depression, eldercare support and initial consultations with mediators or financial and legal experts. Discount provided on services after consultation.
Substance abuse support	Substance abuse support
Marathon Behavioral Health partners with Marathon Health's virtual and onsite clinic medical providers (i.e. the NP/PA) to coordinate medication management and mutual treatment plans when needed. When needed, Behavioral Health providers can make referrals to a higher-level care.	Optum provides referrals to in-network providers, higher levels of care and extended care when needed, or once reach 6 appointment limits. Make the most of your benefits!
Unable to provide 24/7 crisis line	24/7 support access at 866-248-4094 talkspace.com/connect
Virtual behavioral health services via Marathon Health wherever you are. <ul style="list-style-type: none"> • Mobile device • Virtual Care Room in the LIFE Wellness Clinic - COMING SOON! 	Virtual health services via www.liveandworkwell.com <ul style="list-style-type: none"> • Submit online service requests • Clinician directory • Virtual help centers for everyday and work issues • Access to financial calculators, legal articles, and other tools • Database for childcare, nursing home and other local resources • Interactive, customizable self-improvement programs

Click the logos below for more information or to schedule care.

