



## Marathon Health & Wellness Program

Our goal at Marathon Health is to help you achieve your optimum health. The staff at the Health & Wellness Center (with care provided by Marathon Health) is licensed to diagnose, treat, and prescribe for a wide variety of common illnesses and injuries. Additionally, you have access to a full range of health assessment and coaching services. Marathon Health will not share your medical information with your employer. Your medical information will remain confidential.

You are eligible to use the Health & Wellness Center as long as you have health insurance through Roanoke County. Spouses who are covered on the Roanoke County health insurance plan are also eligible to utilize the Health & Wellness Center.

In addition to the medical services provided by the onsite health center, you will benefit financially by completing an annual physical. Once you have completed your annual physical, you will receive a Health Reimbursement Arrangement (HRA) funded by the County. If your spouse is on the health plan, and has an annual physical, an additional HRA contribution is made on behalf of your spouse. The effective date of the pro-rated HRA is determined by when the annual physical occurs. Both the employee, and spouse, must have an annual physical every year, between June and May, to continue to receive the incentive.

You may utilize the SoCo Health & Wellness Center (2741 Penn Forest Blvd) for your annual physical or you may go to your physician. If your physician completes your annual physical, you will need to use the Annual Physical form which can be found on the Benefits Information page on the Human Resources internet site. You are responsible for submitting the Annual Physical form to the SoCo Health & Wellness Center. If you go to your own physician for the annual physical, the effective date of your HRA is based on the date the Annual Physical form is received by Marathon Health.

**\*Appointments to complete the annual physical and any follow-up health coaching appointments must be made at SoCo (South County) Health and Wellness Center (at the 2741 Penn Forest Blvd location adjacent to the County Administration building). The NoCo (North County) Health and Wellness Center location on Cove Rd. should only be utilized for medical/sick visits.**

***Please note, the NoCo Health & Wellness Center location will be closing on August 29, 2025. The last patients will be seen on August 27, 2025. The SoCo Health and Wellness Center will remain open.***

### **Healthcare Service at Work!**

- **Care** –for common illnesses, flu, headaches, rashes, and other health concerns
- **Assessments** –for cholesterol, glucose, blood pressure, height, and weight
- **Coaching** –for nutrition, tobacco cessation, stress management, physical activity, diabetes, and other health conditions
- **Health Education Classes** - health topics including nutrition, exercise, disease prevention, blood pressure, cholesterol and more
- **Website** –a one-stop location for your personal health record, and health information.

### **South County (SoCo) Health & Wellness Center \***

*2741 Penn Forest Blvd (Adjacent to the Roanoke County Administrative Offices)*  
Mon-Th 7am – 5pm, Fri 7am-11am  
**540-777-6355**

### **North County (NoCo) Health & Wellness Center**

*5937 Cove Road (Roanoke County Schools Admin. Offices)*  
Mon-Th 7am – 6pm, Fri 7am-1pm  
**540-795-2279**

<https://my.marathon-health.com/login>



## Congratulations on Becoming a New Wellness Participant!

Our goal is to partner with our employees, and their spouses, to take steps toward a healthier life, which results in a healthier, happier workforce and helps to stabilize the increasing costs of health care. Now that you have completed the required step, you are eligible to receive the Wellness Incentive.

Each year going forward, you must have an annual physical to receive the Wellness Incentive for the next plan year. This means you have earned the incentive for the plan year beginning July 2026!

As a bonus, for newly hired employees and for existing employees who are entering the Wellness Program for the first time, mid-year, the County will begin your Wellness Incentive upon completion of your required Step to Wellness to congratulate you on your efforts. Please note that funding is pro-rated for new, mid-year wellness participants. Your pro-rated HRA will be funded with Flexible Benefit Administrators at the beginning of the month after Marathon verifies that you have met the requirement to earn the Wellness Incentive. When your spouse completes their annual physical, an additional pro-rated HRA contribution will be made to your account.

Based on when you complete the required Wellness Step, the chart below shows when your Wellness Incentive will begin:

<b>*Wellness Step Completed:</b>	<b>Effective Date of Wellness Incentive:</b>
June 1 – June 30	August 1
July 1 – 31	September 1
August 1 – 31	October 1
September 1 – 30	November 1
October 1 – 31	December 1
November 1 – 30	January 1
December 1 – 31	February 1
January 1 – 31	March 1,
February 1 – 28	April 1
March 1- 31	May 1
April 1 – 30	June 1
May 1 – 31	July 1 with Open Enrollment Changes

\* If you use your own physician for the annual physical, the effective date of your HRA is based on the date the Annual Physical form is received by Marathon Health

If you have any questions related to the Wellness Incentive or how it applies to you, please contact Roanoke County Human Resources.

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**SoCo (South County) Health & Wellness Center Hours:** Mon-Th 7am – 5pm, Fri 7am-11am Phone: 540-777-6355

**Location:** 2741 Penn Forest Blvd (Adjacent to the Roanoke County Administrative Offices)