

Marathon Health & Wellness Program

Our goal at Marathon Health is to help you achieve your optimum health. The Marathon Health & Wellness Center staff 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.

You and your spouse are eligible to use the Health Center as long as you have health insurance through Roanoke County.

In addition to the medical services provided by the onsite health center, you will benefit financially by completing the 3-steps to Wellness. When you complete the 3-Steps to Wellness you will pay a lower health insurance premium and receive a HRA funded by the County. If your spouse is on the health plan, and also completes the 3-Steps, another HRA contribution is made on behalf of your spouse. The pro-rated HRA is determined by when the 3-Steps are completed. Both the employee, and spouse, must complete the 3-Steps every year, between June and May, to continue to receive the incentive. The 3-Steps to Wellness include:

Step 1. Health History and Risk Assessment Questionnaire is completed first using your username and password in the Marathon eHealth Portal at my.marathon-health.com. This step stores your health history into your medical record and is important information that is helpful for your first visit of any type at the Center.

Step 2. Biometric Health Screening is a fasting lab test and measurement which includes total cholesterol, LDL, HDL, triglycerides, blood sugar, height, weight, and blood pressure. Schedule an appointment on the Marathon eHealth Portal or call the Wellness Center directly. This must be done prior to Step 3.

Step 3. The **CHR** (Comprehensive Health Review) is the last step and is a face-to-face visit with the Marathon Health provider to review results from the HHRA and Biometric Health Screening and set goals for improved health. Appointments must be scheduled at the South location for Step 2 and Step 3.

Important: You will receive a Welcome Package with your Marathon eHealth Portal username and password and more details about the Center from Marathon Health in your home mail.

*All appointments to complete the 3-Steps to Wellness and any follow-up health coaching appointments must be made at Marathon Health and Wellness Center South (at the Bernard Drive location in the County Administration building). The North location on Cove Rd. should only be utilized for medical/sick visits.

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, trackers, and health information

Marathon Health and Wellness Center South*
*3rd Floor Roanoke County Administration Building
5204 Bernard Drive
540-777-6355*

Marathon Health and Wellness Center North
*Roanoke County Schools Admin. Offices
5937 Cove Road
540-795-2279*

my.marathon-health.com