

## 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.

You can also benefit financially by engaging in Wellness each year. When you and your spouse complete the 3-Steps to Wellness, you become eligible for the Wellness Incentive. The Incentive consists of a lower health insurance premium and a County funded HRA. The first time you, and your spouse, complete the 3-Steps, your health insurance premium is reduced and the HRA is pro-rated based on the month you complete the final step.

A new plan year begins every July 1. You must complete the 3-Steps each new plan year between June and May to continue receiving the Wellness Incentive. The new Incentive is always applied in July consistent with the County's Open Enrollment period.

The 3-Steps to Wellness include:

### **Step 1. Health History and Risk Assessment**

**Questionnaire (HHRA)** 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 completing Step 3. Lab results from an outside lab may be brought to this appointment if they are within the last 3 months.

**Step 3. 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.

**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 appointment 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\***  
3<sup>rd</sup> 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**