WE ARE A DIFFERENT KIND OF HEALTHCARE COMPANY. OUR MISSION IS TO INSPIRE PEOPLE TO LEAD HEALTHIER LIVES.
What is the Marathon Health Center and what services does it provide?

The Marathon Health Center, a benefit of CHG Health and Wellness, offers most primary and urgent care services, as well as health coaching and chronic condition coaching. This benefit is designed to increase your access to high-quality care, help you better understand your own health and provide you with the tools to address any areas of concern.

As a CHG employee, all services rendered at the Marathon Health Center are free for you and your dependents — regardless of whether you are enrolled in CHG’s health plan or another plan. Employees who are uninsured can use the health center for the retail cost of the services provided. Any services that need to be requested or referred outside of the center are subject to your normal health insurance plan payment.

The center is staffed by four Marathon Health nurse practitioners (NPs) who can diagnose and treat common illnesses through screenings, exams, prescriptions and referral management — like the services you receive from your family doctor — plus help you maintain or improve your health. (See the “Health coaching” section for more information about this benefit.)

Some lab work can be performed at the health center. If you request lab work that is not available on-site, it can be coordinated through the NPs, who can write up the request and refer you to a local lab that may accept CHG’s health plan. The lab will be responsible for billing your insurance, and you will be responsible for any relevant copay or coinsurance cost.

Prescriptions can be requested by the NPs and sent electronically to your preferred pharmacy. You will be responsible for any applicable cost or copays after insurance.

Who is Marathon Health?

Marathon Health, our program partner, is dedicated to bringing quality health services to the workplace by providing medical care, guidance about health risks and conditions and support for managing your health. Marathon Health operates nationwide and is focused on helping people become more engaged in their own health and healthcare.
Primary Care Services*

Acne
Allergy shots
Ankle sprain or injury
Annual exams and screenings
Anxiety
Arthritis
Asthma flare-ups
Bell’s palsy
Birth control
Bladder infections
Blood pressure screenings
Bronchitis
Callus and corn removals
Care coordination
Chronic condition coaching
Cold sores
Constipation
Cough/cold
Depression
Dermatology
Diabetes
Diarrhea
Digestive problems
Diverticular disease
Ear pain
Ear wax removal
Eczema
Elbow pain or injury
Eye infections
Fatigue
Fever
Flu
Fracture evaluation
Gout
Headache
Hip pain
High blood pressure
High cholesterol
Hemorrhoids
Hernia
Irritable bowel disease
Immunizations - adult/injections
Knee pain or injury
Leg edema
Low back pain
Migraines
Minor burns
Minor injuries
Mouth sores
Nausea
Neck pain
Nose bleeds
Pneumonia
Pregnancy education
Prescription management
Referrals
Runny nose
Shingles
Shoulder pain
Sinus infection
Skin infections/rashes
Skin checks/mole evaluation
Sleep disturbances
Splinter removal
Sports/camp physicals
Strep throat
Stress reduction
Sutures/removal
Thyroid disease
Tobacco cessation
Travel medicine
Upper respiratory infections
Vomiting
Wart removal
Weight gain/loss
Wrist pain or injury
Yeast infections

*This list is not comprehensive. To see if your condition or ailment can be treated at the Marathon Health Center, please call 801.930.4350.
Where is the Marathon Health Center located and when is it open?

The center is located on the first floor of the Salt Lake City office in the Millrock building, 6440 S. Millrock Drive, Suite 105, Salt Lake City, Utah, and is open Monday through Friday from 8 a.m. – 5 p.m.

Health coaching

What is health coaching and how can it help you?

Marathon Health offers free health coaching to all employees and their immediate family members. Health coaching is designed to help you better understand your own health and provide you with the tools and resources to address many areas of concern. You and a Marathon Health provider will work together — in a confidential setting — to identify and reduce your health risks, set and achieve specific health goals and maintain or improve your well-being. And you can set the pace for how often and when you meet.

Health coaching can help you address an array of personal issues or concerns, including weight loss, stress management, depression, tobacco cessation and low back pain. Additionally, health coaches can help you manage chronic conditions such as diabetes, asthma, heart disease and high blood pressure.

Benefits of health coaching include:

• Personalized support for managing health concerns
• Convenience and confidentiality
• Minimal wait times since the health coaching sessions take place on-site
• No cost to you or your immediate family members

Health coaching services:

• Blood pressure screening
• Cholesterol
• Cholesterol screening
• Depression screening
• Diabetes screening
• Fitness
• Nutrition
• Pre-diabetes
• Pre-hypertension
• Stress management
• Tobacco cessation
• Weight management

The treatment you receive and the data in your Personal Health Record are completely confidential. By law, health information cannot and will not be shared with CHG. For more information, visit www.marathon-health.com/privacy.

How long does the coaching session take?

Most appointments take about 30 minutes, unless it is a one-time Comprehensive Health Review, which may last 45 minutes.
Meet your Marathon Health Center providers and health coaches

Julie Balk
Julie is a certified family nurse practitioner who has experience in internal medicine, infectious disease, endocrinology and cardiology.

Julie earned her bachelor’s degree in nursing from Westminster College and also holds a master’s of science degree in nursing and a doctorate degree in nursing practice from the University of Utah. She served as an associate professor at Westminster College, teaching baccalaureate and master’s level nursing courses, and previously worked in a family practice setting, providing care for patients of all ages.

When she is not working, she enjoys traveling, golfing and skiing. She volunteers her time with local health fairs and has traveled to the Amazon rainforest and the Solomon Islands on humanitarian medical missions. Julie is married and has three sons and two dogs.

Stacie Pearce
Stacie is a certified family nurse practitioner who is specialty-trained in dermatology, pediatrics and acute care.

She received her bachelor’s degree in nursing at the University of Utah and worked at Primary Children’s Medical Center in the neuro trauma unit, rapid treatment unit and in the emergency room. She completed her graduate degree at Westminster College.

Stacie has a love for international medicine and travel. She has been on nine volunteer medical missions to Haiti, Thailand, Ghana, Senegal and Zambia. In her free time, Stacie enjoys playing piano and violin. She also plays soccer with her husband, Cody, and plays with her two dogs, Roxy and Shay.

Chris Singer
Chris has practiced as a nurse practitioner in family and emergency medicine for more than fourteen years. He holds many prestigious degrees and awards, including a doctor of nursing practice, a master’s degree in nursing and a bachelor’s degree in zoology. Also, Chris has dedicated parts of his career to serving in and around the Navajo Nation.

In addition to Chris’ family and emergency medicine experience, he has also worked at various urgent care clinics in the Salt Lake area helping treat many chronic illnesses, including diabetes, hypertension, heart disease and hypothyroidism. During Chris’ doctoral studies, he trained in nutrition and exercise, endocrinology, basic orthopedics and wound management.

Outside of work he enjoys spending time with his family, boating, camping, sports and refereeing basketball at the college and high school levels.

Ronda Lucey
Ronda Lucey is a certified family nurse practitioner who is experienced in women's health, family practice and nursing education.
She received her bachelor’s degree in nursing from the University of Utah and worked as an RN in pediatrics, labor and delivery, and women’s health. She returned to the University of Utah for both a master’s of science degree in nursing and a doctorate degree in nursing practice. Ronda is an associate professor at Westminster College where she is Director of the Family Nurse Practitioner program. Ronda enjoys spending time with family and friends, travel and watching the University of Utah football games. She volunteers with FNP students at community health fairs, and participates in the annual Gracie’s Harvest of Hope fundraiser where she serves as a board member. Ronda has three grown children and two golden retrievers.

**Belen Casares**
Belen is a certified medical assistant and licensed Phlebotomist. She has experience in Pediatrics, Family Practice, OB/GYN and reproductive health. Belen received her medical assisting certification from Visalia Adult School in California, and her phlebotomy license from the Utah School of Phlebotomy in Provo, Utah. Originally from California’s Central Valley, she has lived in Utah since 2010. Belen takes pride in helping the Hispanic community and also enjoys hiking, reading and spending time with her husband Herminio and son Max.

**How do I schedule appointments?**
To schedule your appointments, visit www.marathon-health.com/myphr. Just click on the appointments tab in the top menu bar and use the appointments wizard to schedule a time that works for you. Or you can call 801.930.4350 to schedule your appointment. Please note: The Marathon Health Center is not a walk-in clinic and requires you to schedule an appointment in advance. If you cannot attend a scheduled appointment, please call or cancel online so your time slot is available to another patient.

If the center is not able to accommodate your requested appointment time, remember Teladoc is free of charge for you and your immediate family members, regardless of the number of times you use the service. And Teladoc is available 24 hours a day/seven days a week.

**How much will it cost?**
Medical appointments and health coaching are available at no charge for insured employees and immediate family members regardless of insurance provider. However, if you do not have coverage through CHG, please bring your insurance card to your appointment for verification. Employees who are uninsured can use the clinic for the retail cost for the services provided. Regardless of insurance status, outside lab work will be billed to your insurance by the lab.

**Do I need to use PTO for my medical appointment or health coaching session?**
You do not need to use PTO for a medical appointment or health coaching session. However, please inform your manager when you will be away from your desk.
Your Marathon eHealth Portal

Marathon Health also offers a comprehensive website, the Marathon eHealth Portal, which provides helpful and easy-to-use tools you can access anywhere, including:

- Relevant health information and news
- Appointment scheduler
- Fitness and nutrition logs
- Health History and Risk Assessment (HHRA)
- Secure email system that allows you to communicate with your health coach

Each new CHG employee will receive a welcome letter via email that includes a username and password to access the Marathon eHealth Portal. If you do not receive this email, please contact Marathon Health at 888.490.6077, Monday through Friday from 8 a.m. - 8 p.m. ET or www.marathon-health.com/myphr. Your spouse or domestic partner will receive a separate letter containing his/her login and password information.

Who has access to my information?

Marathon Health uses health information about you for treatment, to obtain payment for treatment, to evaluate the quality of care you receive and for administrative purposes. Your health information is contained in a medical record that is the physical property of Marathon Health.

For more information about how your medical information may be used or disclosed, visit http://www.marathon-health.com/privacy/.

Will my private health information be shared with CHG?

No. Marathon Health is a third-party provider contracted to provide healthcare services to you at work and will not release personally identifiable health information to CHG, in accordance with federal Health Insurance Portability and Accountability Act (HIPAA) requirements.

However, in an effort to better understand the overall health needs of employees and their families, Marathon Health will provide summary information (general statistics and aggregate information) about activities and results such as:

- How many employees use health coaching
- How many people participate in the health screenings
- The prevalence rate of risk factors such as smoking, obesity and high blood pressure
- Benefits associated with health coaching
- Reasons employees use health coaching

Marathon Health will also provide completion lists for specific WellnessPays activities, such as flu shots, preventive visits, health screenings or coaching programs. These lists will only show who completed the activities to earn points and will not include results, diagnoses, treatments or other personal health information.

If you have questions, please contact a member of CHG’s benefits team at 800.811.1796 or via email at benefits@chghealthcare.com.
Marathon Health is dedicated to bringing health services to you at the workplace. We help you understand your health risks and conditions and guide you to make changes to live the healthiest possible lifestyle. We provide our services with clinicians who offer one-on-one healthcare, coaching and support. We believe in using technology to help make the best healthcare decisions. Our technology includes an eHealth Portal and Personal Health Record with clinical decision support tools, consumer content, and interactive diet and nutrition trackers.

Our focus is on helping you set and achieve health goals, manage your own health and to make better use of your healthcare resources.