Marathon Health Center and Health Coaching

a benefit of CHG Health and Wellness for our Utah offices

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 resources to address any areas of concern.

As a CHG employee, you and your dependents can use the Marathon Health Center at no cost, regardless of whether you are enrolled in CHG’s health plan or have other insurance. All services performed at the health center are free, but remember, the center is here to complement your healthcare resources, not to become your sole primary care provider or replace health insurance for the Affordable Care Act. Bring your insurance ID card to your appointment, as outside lab work and services that are referred to other facilities are subject to your usual health insurance plan payment.

The center is staffed by three Marathon Health nurse practitioners (NPs) and two physician assistants (PAs) who can diagnose and treat common illnesses through screenings, exams, prescriptions, and referral – like the services you receive from your family doctor. Plus, Marathon Health providers can help you maintain or improve your health with personalized health coaching.

The Marathon Health Center offers basic lab work and blood draws on-site, both for internal requests and requests from other providers. If more complex lab work is needed, Marathon Health providers can usually collect the sample on-site and send it to an outside lab for you. The outside lab will bill your insurance, and you’ll be responsible for your usual co-pays or coinsurance for their services.

Marathon Health providers can prescribe medication for conditions treated at the center and electronically send the prescription to your pharmacy. You’re responsible for any co-pays or other pharmacy costs when you pick up your medications. As an added convenience, the health center stocks some of the most commonly

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Marathon Health Center Location and Hours

- **Location:** 7259 S. Bingham Junction Blvd., Midvale, UT 84047
  First floor of the southwest building.

- **Hours of Operation:** Monday, Wednesday, and Friday from 8 am – 5 pm
  Tuesdays and Thursdays from 7:30 am – 4:30 pm
  The schedule may change occasionally to meet the needs of our people, and the clinic is closed for CHG holidays.

- **Phone:** 801.930.4350

- **Website:** marathon-health.com/myphr
prescribed generic medications on-site to be dispensed at no charge. Dispensing is limited to one-time or starter prescriptions for things like general antibiotics, skin creams and ointments, asthma inhalers, anti-virals, and allergy meds. You’ll still have to go to your pharmacy and pay the co-pay for other medications, ongoing refills and maintenance drugs, and outside prescriptions from other providers. Marathon Health Centers do not stock narcotics on-site.

*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.

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Who can use the Marathon Health Center?

You, your spouse or domestic partner, and children age two and older can use the Marathon Health Center for routine and urgent care and health coaching. Please note that general well-child visits, such as immunizations, are not offered.

What is health coaching and how can it help you?

Marathon Health offers free health coaching to all employees and their dependents. 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. Your personal health information is protected in accordance with state and federal privacy laws. For more information, visit 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 team.

**Randy Archibald**

Randy Archibald, PA-C joined the Salt Lake clinical team in 2015. Randy graduated from the University of Washington Physician Assistant program and has 15 years of family practice and urgent care experience as a physician assistant. Randy is excited to work with you onsite, knowing you are right down the hall.

Randy was raised in Rexburg, Idaho, and will share stories with you about how he was excused from school for two weeks every fall for potato harvest. He is married to his wife, Rebecca, and they have a blended family with six children and two dogs. When not with his wife and children, Randy has a passion for football, photography, and German sports cars.

**Sarah Lamoreaux**

Sarah earned her Masters of Physician Assistant Practice (MPAP) from the University of Southern California in Los Angeles, CA. With over five years of experience as a physician assistant, she is thrilled to be at the Marathon Health Center and looks forward to developing working relationships with the employees at CHG. In Sarah’s spare time, she enjoys spending time outside with her three-year-old son, husband, and Miniature Schnauzer.

**Julie Balk**

Julie is a certified family nurse practitioner who has experience in internal medicine, infectious disease, endocrinology, and cardiology, and she’s been with Marathon Health since 2012.

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.

**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 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.
Julie Lassig

Julie Lassig is a family nurse practitioner who is dedicated to providing comprehensive primary care for patients of all ages, as well as providing evidence-based care for acute illnesses. Julie is committed to developing relationships with her patients while helping them reach their health goals.

Outside of work, she enjoys spending time with her friends and family, especially her daughters, Maddie and Evy. She also loves spending time outdoors, especially when it involves playing sports or tending her garden.

Jamie Mason

Jamie Mason has 16 years of experience as a medical assistant, and has worked in a variety of clinics and family practices over the course of her career. Jamie is devoted to helping CHG employees become more proactive in their own healthcare. She can help you schedule appointments, access the Marathon eHealth Portal, collect labs, and more.

Kayle Scriver

Kayle began her journey in healthcare over four years ago as a medical assistant. Prior to working with Marathon Health, she worked as a certified medical assistant and medical scribe at University of Utah Healthcare, where she assisted with surgical procedures, post-operation care, and cosmetic treatments. At the health center, she can help you schedule appointments and navigate the Marathon eHealth Portal. In Kayle’s free time, she is often venturing out to the West Coast or in southern Utah exploring jeep trails.

Lydia Addei

Lydia Addei joined the Marathon Health team as a practice support specialist. Originally from Ghana, after working in several customer service jobs in Africa, Lydia worked as a front desk receptionist, and was a new patient wellness coordinator at a chiropractic clinic in Pennsylvania. Lydia holds a Bachelor of Science in Design from Kwame Nkrumah University and has a diploma as a nursing assistant from Stratford Career Institute.

Her hobbies include crafting and decorating, singing, and sightseeing. Lydia also enjoys group exercise activities like steps and kick-boxing. She and her college sweetheart-turned-husband Peter have two wonderful twin boys.

Deb Wayman

Deb is Marathon Health’s first licensed clinical mental health counselor. Deb has provided mental health services since 2009 and began her own practice working with adolescents and families to address issues related to trauma and behavioral challenges. She later expanded her practice and began working with adults struggling with mental health and co-occurring substance use disorders. Deb specializes in depression, anxiety, trauma, and substance abuse.

How do I schedule appointments?

To schedule your appointments, visit 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 family members, regardless of the number of times you use the service. And Teladoc is available 24 hours a day/seven days a week.

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.

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.

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 am – 8 pm ET or marathon-health.com/myphr. Your spouse or domestic partner will receive a separate letter in the mail 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 marathon-health.com/privacy.

Will my private health information be shared with CHG?

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 state and 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 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 Wellness Pays 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.
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.