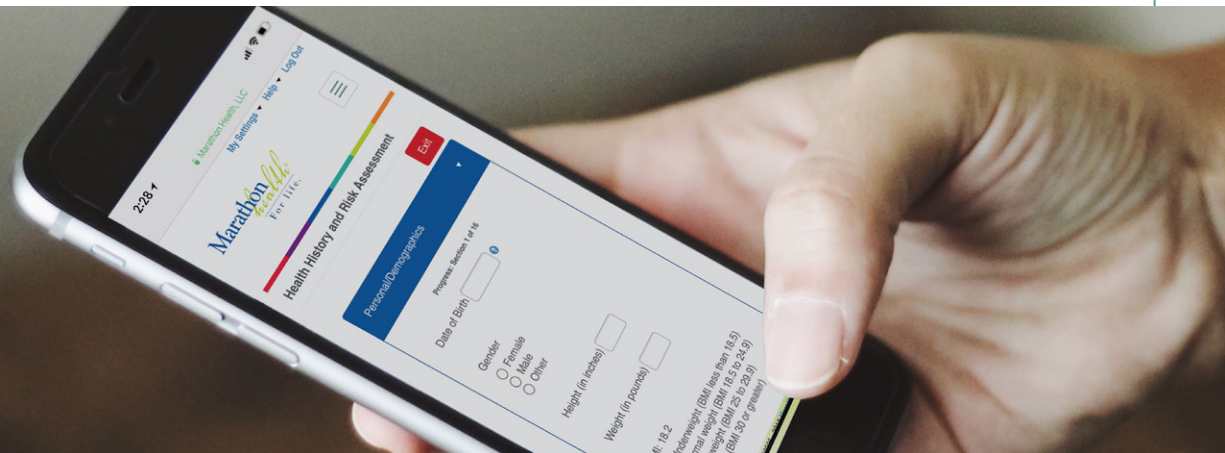




Health History and Risk Assessment



Create a blueprint of your health

Your Health History and Risk Assessment (HHRA) is an online survey that helps us, and you, **understand your health**. This tool creates a report that highlights the positive things you are doing and the areas where you could improve. Paired with your Biometric Screening, your HHRA helps your Marathon Health provider talk with you about your health.

We make it easy

To begin your assessment, login to the Marathon eHealth Portal at **my.marathon-health.com** with your username and password. The HHRA is stored in the Questionnaires tab. The HHRA takes 20 minutes to complete, but you can save your work at any time. You can update your information in the future with our shorter annual health survey.

If you have questions about logging in or using the Marathon eHealth Portal, you can contact us at 1-888-490-6077 8am-8pm, EST.

To schedule an appointment, please visit my.marathon-health.com or call your health center.

“Through guidance and counseling, they walked me through the health issues I will face if I do not get my cholesterol and blood sugar under control.”

- Michael

Marathon
health
For life.