

Welcome to the Marathon eHealth Portal



Welcome

Welcome to the Marathon eHealth Portal, your online resource for managing and achieving your personal health goals. This user guide will familiarize you with the eHealth Portal site, and help you get started on your journey to your best health. The portal has a wide array of health tools, features and resources available to you online, anytime, and anywhere. Understanding all that the site has to offer is the first step toward optimizing your health.

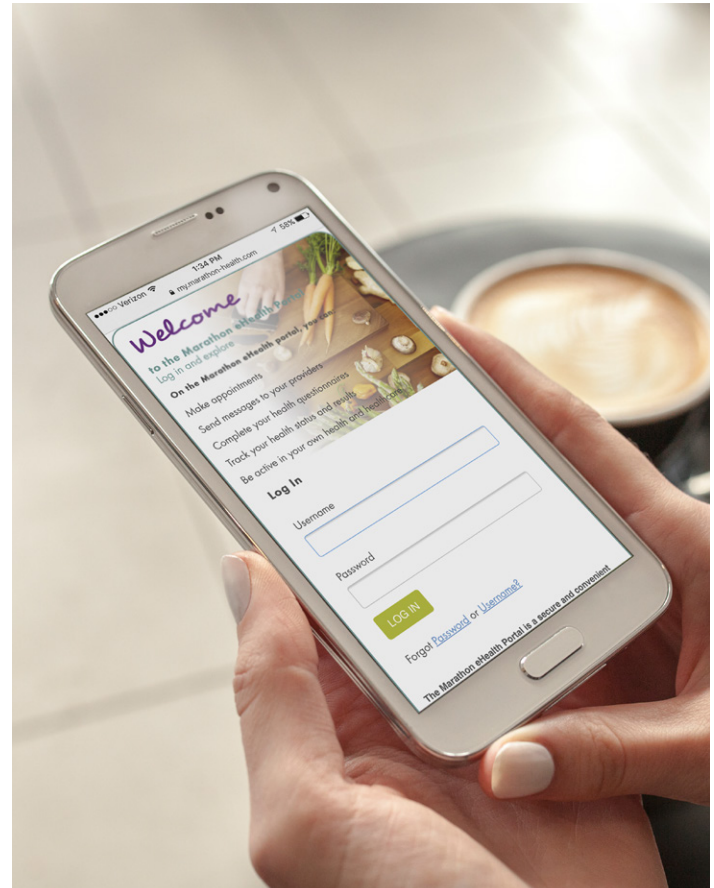
Browser Compatibility: The Marathon eHealth Portal can be used with the current (as of 12-01-16) and previous versions of most browsers, including:

- Google Chrome (includes mobile devices)
- Internet Explorer
- Safari (includes mobile devices)
- Firefox

Note: Any browser you use will need to have Javascript and cookies turned on.

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Welcome
to the Marathon eHealth Portal
Log in and explore

On the Marathon eHealth portal, you can:

- Make appointments
- Send messages to your providers
- Complete your health questionnaires
- Track your health status and results
- Be active in your own health and healthcare

The Marathon eHealth Portal is a secure and convenient tool to help you be active in your health. If you are experiencing a medical emergency, call 9-1-1.

Log In

Username

Password

LOG IN

Forgot [Password](#) or [Username?](#)

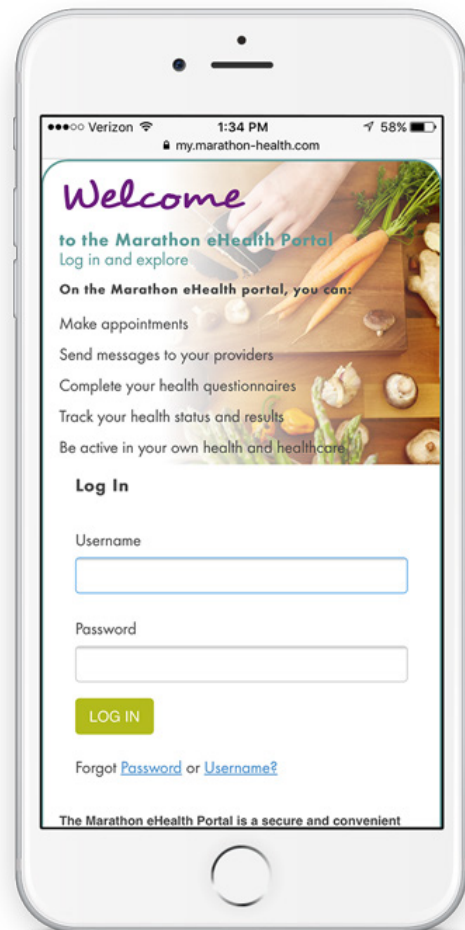
2006 - 2017 Marathon Health (5.0.4.0 on V)

my.marathon-health.com

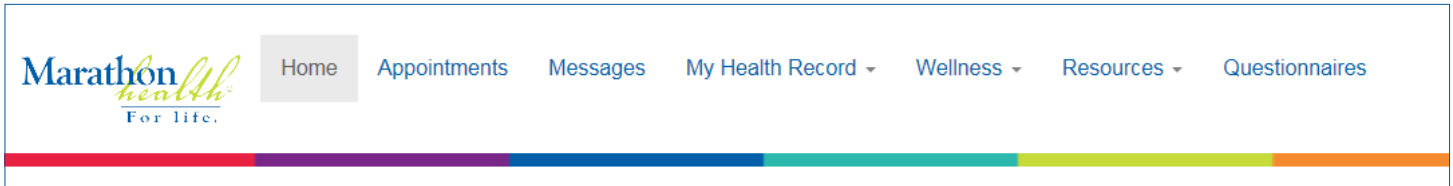
Logging In

The Marathon eHealth Portal is password protected to ensure the privacy of your health information. By law, the information that is recorded and maintained in your personal health record is available to you alone. This information is not available to your employer and will never be shared without your express written permission. For more information about the privacy protection of the eHealth Portal, please refer to the published privacy policy found at the bottom of every screen.

To begin using the eHealth Portal, you will receive a username and password from Marathon Health. Your username will remain the same, but you will be asked to change your password the first time you log on. The password must be **at least eight characters long (no more than 20) and include a combination of letters and numbers. The password is case sensitive (i.e. there is a distinction between lower and uppercase letters), so bear this in mind when you create your password.** This will be your password to enter the portal moving forward.



Site Overview/Home



Achieving and maintaining good health is a continual process and it's important to have the right information on hand when you need it. The eHealth Portal has seven sections available that are easy to use and navigate. The sections are listed below with a short description of what each one includes. These sections are identified by the tabs across the top of the page throughout the site. Access the following from your dashboard:

Home: click the Marathon Health logo (or Home) to return to the eHealth Portal homepage.

Appointments: online scheduling for the health services offered by your Marathon Health providers.

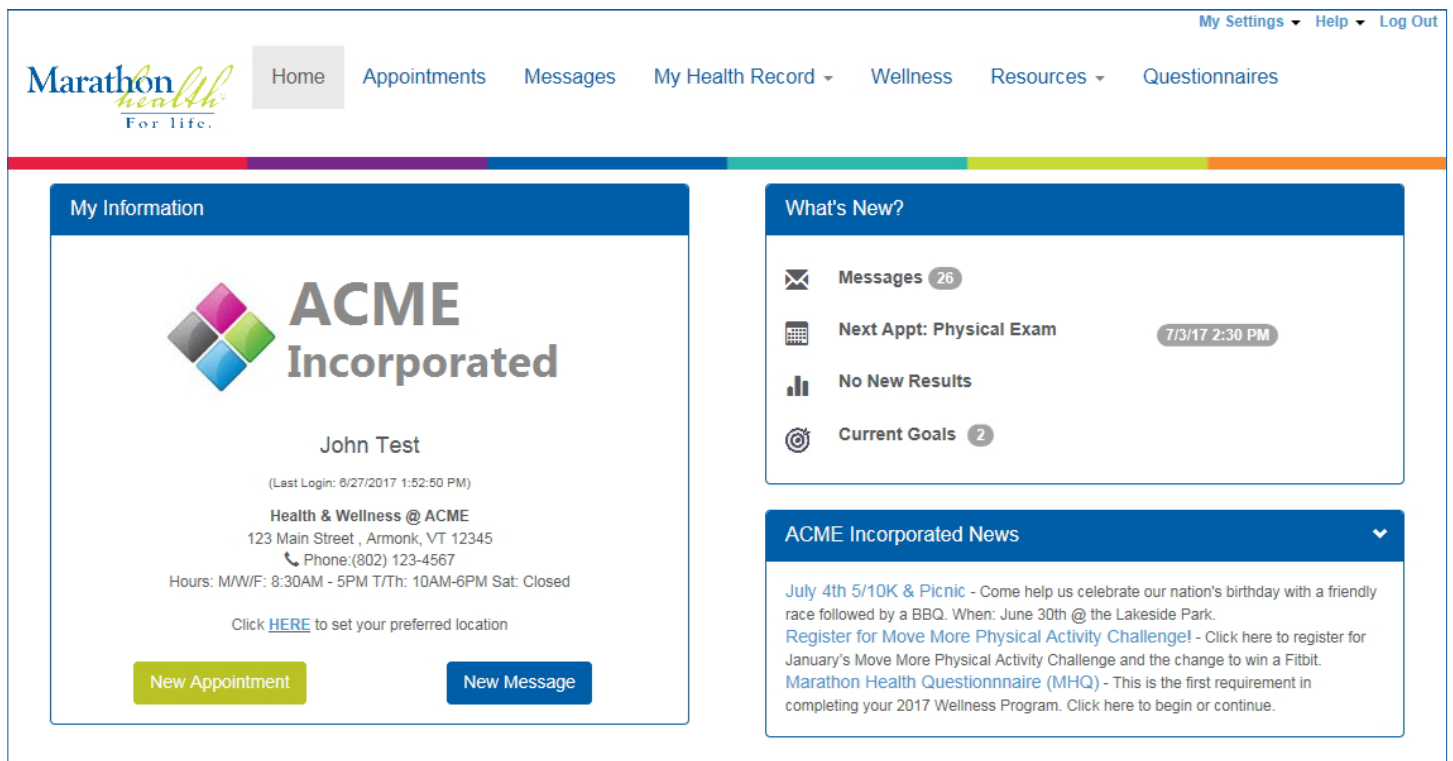
Messages: secure messaging to contact your Marathon Health provider/health coach for advice, follow-up, and other questions.

My Health Record: where your personal health data is organized and stored in one confidential place.

Wellness: wellness and engagement tools to help manage your health.

Resources: a medical knowledgebase provided by Healthwise®, which gives you information about health issues, medical tests, and medications.

Questionnaires: interactive clinical questionnaires that help to gather health information about you and provide feedback on your health.



The homepage of the eHealth Portal is designed to provide you with a quick overview of your entire health record as well as provide key information. If configured, the following sections will appear.

My Information: This section provides a brief overview of you as a user in the eHealth Portal. You will see the last date/time you logged in, your default health center (including the address, phone, hours, and two options to quickly schedule a new appointment or send a new message.

What's New?: This section is intended to alert you of any unread secure messages, your next appointment date/time, new results, goals, and documents, as well as if you have a due or overdue health assessment questionnaire. Click on the item in the list to jump to the appropriate page for more details.

Current Incentive: If you have an incentive program through your employer, this section will provide a brief overview of the program, as well as a link to more detailed instructions.

My Profile: This is a snap-shot of your Profile page, and you can see your current Wellness Score and the number of high risk categories. Select the header to jump to the *Profile* page for greater details on how your Wellness Score is determined.

News: The *News* sections will contain links to specific information about news and activities relevant to you. Simply click the link to view in greater detail.

Appointments

Marathon health For life. Home Appointments Messages My Health Record Wellness Resources Questionnaires My Settings Help Log Out

The *Appointments* page provides a scheduling system to view and manage appointments with your Marathon Health coach or provider. You will be able to view your next appointment, as well as future and past appointments. You can schedule an appointment for a comprehensive

health review, health coaching, a medical visit, screening labs, flu shot, physical exam, or other appointments, provided these services are offered through your employer program. There are also easy options to cancel and reschedule existing appointments.

Appointments

This page allows you to schedule and manage your upcoming appointments with Marathon Health. A list of upcoming (and previous) appointments can be viewed at the bottom of this page. Please note that any appointment type that includes "NPS" was not scheduled online by you in the eHealth Portal. Any questions about appointments, please call your Marathon Health location.

My Appointment Location

Health & Wellness @ ACME
123 Main Street, Armonk, VT 12345
P: (802) 123-4567
Hours: M/W/F: 8:30AM - 5PM T/Th: 10AM-6PM Sat: Closed
Click [HERE](#) to set your preferred location

Next Appointment

Monday, July 3, 2017 at 2:30 PM
Patient: Test, John
Location: Armonk
Provider: Blaise, John, MD
Type/Reason: Physical Exam /Annual
Cancel Reschedule

Schedule

To schedule an appointment with a Marathon Health provider, please select the button below to proceed to the online scheduling system. You will be able to schedule an appointment for a Comprehensive Health Review, Health Coaching, Sick/Medical Visit, or other appointments provided these services are offered through your program. You may also call the number above to schedule directly with someone at your health center.

Search For Appointment

To schedule an appointment, select **Search For Appointment**. You may use the "Quick Pick" buttons to schedule the first available appointment at your health center, or you can search using specific search criteria.

Appointment Quick Pick

Select the button below to schedule **First Available** appointment type at your health center.

Medical Concern Physical Exam Biometric Screen
Lab Appointment Health Coaching Comprehensive Health Review

Appointment Search

Patient: Test, John

Location: Armonk

Appointment Type: Comprehensive Health Review

MH Provider: Any

Start Date: 08/31/2017

End Date: 09/30/2017

Search **Cancel**

Search Tips

1. Select the **Name** of the person for whom you are scheduling an appointment. Choices will include: your name, a spouse or your dependents. **Please note, that you need to have been granted access to schedule on their behalf to see a spouse or dependent (over 18).**
2. Select the **Location** of the appointment (this will default to your assigned location, which you can change if you have the option to schedule appointments at other health center locations)
3. Select the **Appointment Type** you would like to schedule. [Click here](#) for the appointments available for selected location.
4. Select the **Provider** with whom you would like to schedule an appointment. This will default to "Any", but you can select a specific provider. If the appointment type that you need is not available, it is important that you select another provider name or change to "Any" if that is not your default.
5. Enter a date range (or specific day) in which you would like to schedule an appointment (date range is presently 30 days).
6. Click **Search** to search for available appointment slots.

Date	Time	Location	Provider	Type	Length	
9/1/2017	8:00 AM	Armonk	Swan, Barbara	Comprehensive Health Review	45 min	Schedule
9/1/2017	8:45 AM	Armonk	Swan, Barbara	Comprehensive Health Review	45 min	Schedule
9/1/2017	9:30 AM	Armonk	Swan, Barbara	Comprehensive Health Review	45 min	Schedule
9/1/2017	10:15 AM	Armonk	Swan, Barbara	Comprehensive Health Review	45 min	Schedule

Enter in the name of the person you are scheduling the appointment for (defaults to your name, but other family members may be available if you have been granted access), the health center location, the appointment type, and the Marathon Health provider with whom you would like to see. Enter the date range for the appointment to take place, then click on the search button. Time slots will appear for you to schedule your appointment. Click the **Schedule** button on the available appointment that you want, and you will see a confirmation message.

Click **Confirm**. You will receive an email message that the appointment has been scheduled, and a reminder email the day before your appointment. These emails are sent to the email address stored in your profile. If you prefer to receive a reminder via text message, go to *My Settings > Preferences* and set your **Notification Preference**, and ensure your mobile number is correct.

Appointment Confirm

Patient: Marathon, Maria

Date: 11/10/2016

Time: 10:30 AM

Location: Home

Provider: Waters, MaryAnne

Type: Comprehensive Health Review
 This is the initial visit to review the results of your biometric screen and Health History and Risk Assessment (HHRA) questionnaire for a thorough assessment of your health history and any possible risk factors' NOTE: Please be sure to fill out your HHRA on line prior to your visit

Reason:

Confirm **Cancel**

Messages

My Settings ▾ Help ▾ Log Out

Marathon health For life. Home Appointments Messages My Health Record ▾ Wellness Resources ▾ Questionnaires

Communicating personal health information through regular email does not provide you with an appropriate level of privacy and security. To ensure the privacy of your health information, the eHealth Portal features a secure-messaging system to communicate with you. Use the messaging feature to send a message, follow-up, or other questions to a Marathon Health provider. All communication takes place within your health record. Your provider's name will default in the "To" box but you can select another provider at the clinic site from the dropdown. When your provider responds, you will be alerted by regular email to check your Marathon Health mailbox

for a message. The contents of that message will only be available on the eHealth Portal in your Marathon Health mailbox. Health information is never transferred over the public internet.

You can send a message directly to your Marathon Health provider by selecting **Compose** from the "Messages Inbox." Simply select the name of the provider you wish to message. If you need general health advice or have questions, just select the button with your center name, and a message will be sent to the general triage mailbox. Responses to your message will be returned within 24-72 business hours.

Messages

The following messages from your health center staff are private and secure. You can view and reply to messages in your Inbox, as well as Sent, Deleted, and those saved as a Draft. To send a new message to a specific provider or to your health center, click on Compose.

Inbox 26 Compose ↑ ↓ Reply Delete

Name	Date
Desk, Nurse Appointment with Marathon Health Provider...	6/20/2017
Desk, Nurse Appointment with Marathon Health Provider...	6/19/2017
Desk, Nurse Appointment with Marathon Health Provider...	6/16/2017
Desk, Nurse Appointment with Marathon Health Provider...	6/14/2017
Desk, Nurse Appointment with Marathon Health Provider...	6/14/2017

1 2 3 ... 1 - 5 of 44 items

Appointment with Marathon Health Provider

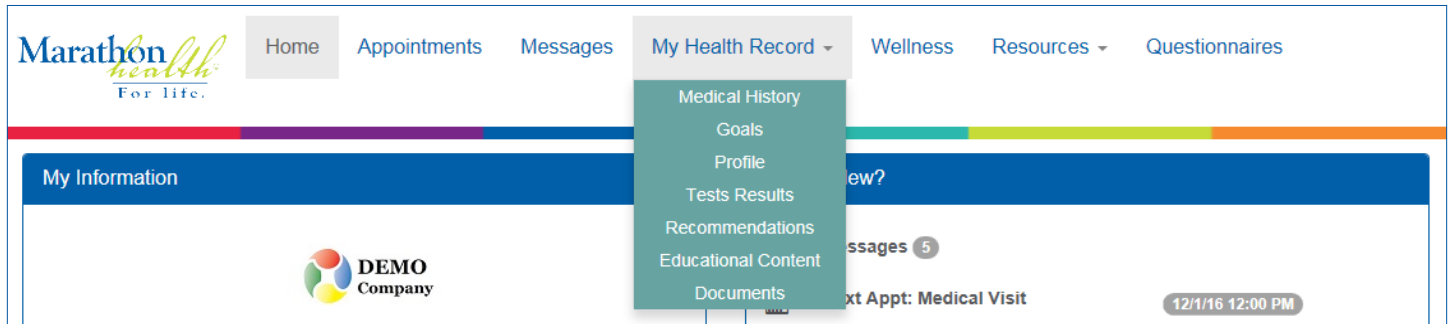
From: Desk, Nurse **Received:** 6/20/2017 12:00:12 AM

Attachments:

This is a reminder that you have a scheduled appointment with your Marathon Health Provider at the Marathon Health Clinic, for Lab Draw on 6/21/2017 at 09:00 AM. Please be sure to bring the lab order from your physician to the health center.
NOTE: Please arrive a few minutes early to register for your appointment.
Thank you
If you are unable keep this scheduled appointment, please either cancel and reschedule by selecting [Appointments](#) or call the clinic directly.

-This message has been auto-generated. Only reply to this message if you have questions or concerns.

My Health Record



This is where all of your personal health information is located. *My Health Record* is the backbone of the entire site. It is divided into seven sections to help you access your personal health information and to guide your progress toward your health goals. This section is an important tool for both you and your health coach—to evaluate your current health status, identify areas of concern, and help set goals to improve your health. The data presented in *My Health Record* is gathered from the information you provide in the Health History Risk Assessment (HHRA) questionnaire (found in the Questionnaires tab) and from your test results (e.g., blood pressure, BMI, glucose, and cholesterol tests). Here is what you will find in each section of *My Health Record*:

Medical History: The *Medical History* section provides a snapshot of your medical profile, including any medications, current/past conditions, family history, allergies, social history, past surgeries/tests, and vaccines. This history is obtained through your appointments with Marathon Health as well as completion of the online health questionnaires, such as the HHRA.

Within each section, new information may be added. For example, if you want to add a new condition, click on the **plus sign (+)** at the top of that section. This will take you to a screen that has a drop down list of the most common conditions. You select the condition you want to add, optionally fill in the start and end date, and press **Save**. Your condition will be added to the list.

Medical History

The following summary of your health history has been documented through either your responses to the health questionnaires or by your provider at the health center. Please review for accuracy. Additions can be made below, via one of the questionnaires or at your next visit. Please message or call your Marathon Health Center if you have questions.

📌 = Condition With Goal In Progress

[Print](#)

Current Medications

acetylcholine chloride()	Instructions: Chew five tablets Every Night at Bedtime	Dispense: 25 Refills: 3
lisinopril(30 mg)		Refills: 0

Current Health Issues

asthma

Allergies

Aleve
Reaction: Anaphylaxis, Arrhythmia, Constipation

All of the sections follow the same format for adding and saving updated information. Items that you have added can be edited by clicking on the pencil, or deleted by clicking on the trash can. However, you are unable to add medications. These can only be added by your provider.

Some items listed on the *Medical History* section are linked to the Healthwise medical information found in the Resources tab. To view this information, click on the name hyperlink. For example, the condition Hypertension is linked to information that describes what it is, what symptoms it typically produces, and how it can be treated.

Add Condition ✕

Condition: Select Condition...

Type: Current

Start Date:

End Date:

Save
Save & New
Cancel

hypertension Educational Content ✕

[Isolated Systolic High Blood Pressure](#)
[High Blood Pressure in Children](#)
[High Blood Pressure](#)
[Malignant High Blood Pressure](#)

Goals: The *Goals* section is compiled with information from your Comprehensive Health Review (CHR). Working with your health coach, you will review your screening results and HHRA questionnaire, and together you will decide what you want to work on. Setting goals with your

coach is the first step in making progress on your health journey. Your coach will enter your goals. If one goal is to lower your blood pressure (BP), your coach might record the goal as: Lower diastolic BP by 10 points.

Goals

The Goals page helps you view and track the goals that you have established with your Marathon Health Provider for specific health conditions. A goal may have specific Action Plans and Follow Ups that require your attention. You can view progress, as well as mark these as Complete. Please message or call your Marathon Health Center if you have questions.

Show Other
Print

type 1 diabetes mellitus without complication ▼

Goals

Reduce Average Annual Hemoglobin A1C less than or equal to 7.0
✔ Complete
Add/View

Status: In Progress Started: 8/24/2016 Incentive: No Due Date: 11/24/2016

Action Plan

1. Continue Meds ✔ Complete

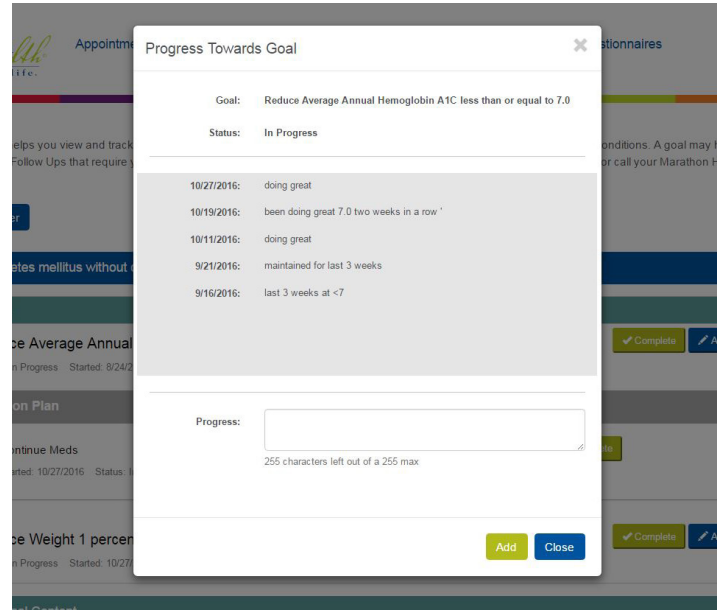
Started: 10/27/2016 Status: In Progress Due: No Date

Reduce Weight 1 percent or within a BMI less than 25
✔ Complete
Add/View

Status: In Progress Started: 10/27/2016 Incentive: No Due Date: 11/27/2016

Educational Content >

The *Add/View Progress* option allows you to record the progress you have made toward achieving your health goals. Your “Action Plan” will consist of small, measurable steps that will guide you along the way to achieving your goals. As you make steps toward your goals, remember to update your progress in the *Add/View Progress* section. When you have completed your goal, click **Complete** and you will be able to review this at your next health coaching visit.



Profile: The *Profile* section is where you will find your Wellness Score. This score is the result of the information gathered from the HHRA and the screening results from your biometrics. The Wellness Score is based on several health risk factors. Additional information for each of the Health Risk categories is described below. The information may not be complete if you have not completed both the HRA and a biometric screening. Additionally, the new

patient health record was launched December 5, 2016, which represents more health information than what was originally represented in your wellness score. If you have not recently completed the MHQ or HRA Annual Update, your current wellness score may place you in an artificially higher risk category. Please complete the MHQ or HRA Annual Update to ensure your current wellness score is accurate.

Profile

The Profile page represents your health risks. It is compiled from information in your responses to the Health Risk Assessment (HRA) questionnaire and data from your biometric screening (blood pressure, body mass index, cholesterol, and glucose). The information may not be complete if you have not completed both the HRA and a biometric screening. **Additionally, the new patient health record was launched December 5, 2016, which represents more health information than what was originally represented in your wellness score. If you have not recently completed the MHQ or HRA Annual Update, your current wellness score may place you in an artificially higher risk category. Please complete the MHQ or HRA Annual Update to ensure your current wellness score is accurate.** Areas of high risk are noted with full red circles and areas of no risk are indicated by clear circles.

View For: 4/28/2017

Wellness Score

Wellness Score: 76

Good

[What Does This Mean?](#)

Number of High Risks

3

- Smoking/tobacco
- Cholesterols
- Presence of High Risk
- Medical Condition(s)

[What Does This Mean?](#)

Wellness Score

Blood Pressure 10(10)

Systolic: 120

Diastolic: 80

Smoking/tobacco 0(10)

Smokes tobacco

Uses smokeless tobacco

Health Risk Categories

Blood Pressure:

Systolic Blood Pressure: This is the top number of your blood pressure reading. The systolic number shows how hard your heart is pumping.

Diastolic Blood Pressure: This is the bottom number of your blood pressure reading. The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

Smoking/Tobacco: Assesses and scores tobacco use.

Alcohol Use:

Alcohol Use AUDIT C (Alcohol Use Disorders Identification Test): Helps you assess your alcohol consumption over the last year.

Alcohol Use CAGE (Cut Down, Annoy, Guilt, Eye Opener) score: Another tool to assess alcohol concerns over your lifetime.

Glucose: Measures the amount of sugar in your blood and is typically done while fasting to assess risk for diabetes.

Cholesterols:

Total Cholesterol: This is the total amount of cholesterol in your blood.

LDL Cholesterol: This is referred to as the “bad” cholesterol. A high LDL cholesterol level may increase your chances of developing heart disease.

HDL Cholesterol: This is referred to as the “good” cholesterol. A high level of HDL cholesterol may lower your chances of developing heart disease or stroke.

Body Mass Index (BMI): This is the estimate of body fat calculated from your height and weight.

Presence of High Risk Medical Condition(s): Notes any medical conditions you have that might put you at a higher health risk.

Stress: Scores the impact of stress on your well-being and how well you deal with stress in your work and personal life.

Number of Days of Exercise in a Typical Week:

Scores how much vigorous and moderate exercise you perform in an average week.

Eating Habits: Scores the amount of fruits and vegetables, fast foods, sugary beverages, and water consumed.

Risky Behaviors: Evaluates behaviors that may have an impact on your daily life, such as seat belt usage, drinking alcohol and driving, use of sunscreen, and use of protection against sexually transmitted diseases, if applicable.

Perception of Health: Your personal response to how you perceive your health status.

Satisfaction with Life: How satisfied you are with the quality of your life.

Employment Information: Assesses and scores your employment, volunteer work, or work at home satisfaction; ability to concentrate when working, and any days missed due to illnesses or injuries.

Sleep: Assesses your patterns to determine risks related to sleep difficulties.

Results and your responses to selected questions from the HHRA and/or the screening data are displayed within each section. Within the header, there is a diagram that fills in a circle with the color red, based on how much risk is assigned (the more red, the greater the risk). Your total points for each risk category are also displayed along with the total amount possible in parenthesis.

Test Results: The *Test Results* section is a place for you to view the key biometric data (blood pressure, glucose, cholesterol, and important maintenance tests) captured during your CHR. You can also view other test results ordered by your Marathon Health provider, or added to your record from an external source. You can filter your views to see only Results, only Vitals, or both. Select the

test from the list on the left to view the results. Click the icon in the “History” column to view a complete summary of that result. Most screening results are linked to content in the Resources tab for immediate access to more detailed information. Screening results are color-coded to let you know when you are in range, at risk, or in a high/undesirable range.

Test Results


The Test Results page includes results of lab draws as well as other tests that have been performed at the Marathon Health center or have been imported into your record from an outside lab or doctor's office. In most instances, the results for labs can be seen to determine if they fall within the normal (target) range. Please message or call the Marathon Health center if you have questions.

Results

Normal: ■ Moderate: ■ High: ■

Test Name	Date	Test Name	Result	Risk	Risk Ranges	History
MH Biometrics MH	2/20/2018	Total Cholesterol (mg/dL)	240	H	High: 240 or greater Moderate: 200 - 239 Normal: 199 or less (< 200)	☰
BUN, a1c MH	2/14/2018	HDL Cholesterol (mg/dL)	100		High: 39 or less Normal: 40 or greater	☰
Health History and Risk Assessment Questionnaire	2/12/2018	Triglycerides (mg/dL)	99		High: 200 or greater Moderate: 150 - 199 Normal: 149 or less (< 150)	☰
Urinalysis MH	2/9/2018	LDL Cholesterol (mg/dL)	65		High: 190 or greater Moderate: 100 - 189 Normal: 99 or less (< 100)	☰
GAD MH	2/7/2018	TC/HDL Cholesterol Ratio	6.5	M	High: 9.6 or greater Moderate: 5.1 - 9.5 Normal: 5.0 or less (< 5.1)	☰
		10 Year Cardiovascular Risk (%)	50			☰
		Fasting Blood Glucose (mg/dL)	100	M	Diabetes: 126 or greater Prediabetes: 100 - 125 Normal: 99 or less (< 100)	☰
		Systolic Blood Pressure	120	M	High: 140 or greater Mod: 120 - 139 Normal: 119 or less (< 120)	☰

Recommendations: The *Recommendations* section allows you to review suggested preventive health tests and immunizations and how often it is recommended that these should be performed, and when it is next due. Each clinical guideline recommendation is linked to content in the *Advice* tab for immediate access to more detailed information. Your provider will update these with the last recorded instance of that recommendation. If you see a date, that


means you have successfully met that recommendation. Your provider may also make note of instances where the recommendation was not met, but it was recommended or even deferred to a later date. Click on the  icon to see the history of each recommendation. If you are currently engaged in health coaching for multiple conditions you may want to filter the view using the drop-down at the top.

Recommendations

This page has current guidelines for screenings, tests, medications, vaccines and other lifestyle recommendations based on preventative health and specific medical conditions. These are recommendations only. Please work with your provider to personalize the timing of these recommendations, which are based on your health history, age and gender. Please message or call your Marathon Health Center if you have questions.

Health Maintenance Print

Pap Test ▼

Frequency: Every 1-3 yrs. Next Due: 10-10-2018 Last: 10/10/2015 

Women ages:

- Under 21: Screening is not recommended, regardless of sexual activity.
- 21 - 29: Pap smear cytology alone every 3 years (HPV co-testing not recommended).
- 30 - 65: Pap smear cytology every 3 years or every 5 years with HPV co-testing.
- Greater than 65: Do not screen if negative prior screening and not a high risk.

Exceptions include: Women who are immunocompromised, HIV positive, and/or have a previous history of an abnormal Pap.

[Educational Content](#)

Pap Test
Early Disease Detection

Educational Content: The *Educational Content* section is where you can see all of the health education materials assigned to you, and the date it was assigned by your provider during a health coaching visit. This content is

typically assigned as part of a goal, and you may see it repeated on your *Goals* page. Once you have reviewed the material, you can mark it as complete. You can also change the view to show completed contents.

Educational Content

Show Completed Print

Diabetes Mellitus ▼

Counting carbohydrates if you use insulin Complete

Start Date: 10/27/2016

Hypertension ▼

Risks Complete

Start Date: 10/27/2016

Exercise Complete

Start Date: 10/27/2016

Documents: The *Documents* section allows you to view uploaded copies of lab and test results, immunization records, and any other relevant material determined by staff in the health center. The list will show you the type of document, the name, date, and comments. If you see that the "Document Status" is "Unverified," you will not be able

to view the document until a Marathon Health provider verifies. Click the **Verify** link and a provider will be tasked to review the document so that you may view it. Please note that you will need to "Always Allow" pop-ups to view these documents.

Documents

The Document page can contain uploaded copies of lab and test results, immunization records, radiology and EKG reports. Documents that are in a verified status can be viewed by selecting the name. You may request access to a non-viewable document, and a Marathon Health provider will review the document prior to it being made available to view. Please message or call your Marathon Health Center if you have questions.

All

Type	Name	Date	Last Modified	Comments	Document Status	Request Access
Lab Results	DEMO Lab Results	9/15/2016	9/15/2016		Verified	
Referral Note	Derm Referral	9/15/2016	9/15/2016		Verified	
Lab Results	Biometric Screening Results	9/16/2016	9/16/2016		Verified	
Consent for Treatment		9/16/2016	9/16/2016		Pending	
Lab Results	NEW Lab Results	9/21/2016	9/21/2016		Verified	
Referral Note	Physical Therapy Referral	9/12/2016	9/21/2016		Verified	
Radiology Results	Shoulder Xray	10/11/2016	10/11/2016		Verified	
Lab Results	Lab Results 2	10/12/2016	10/13/2016	PLease review	Verified	
Lab Results	Latest Labs	10/19/2016	10/19/2016		Verified	
Lab Results	Lab II Results	10/27/2016	10/27/2016		Verified	

1 - 10 of 11 items

Wellness

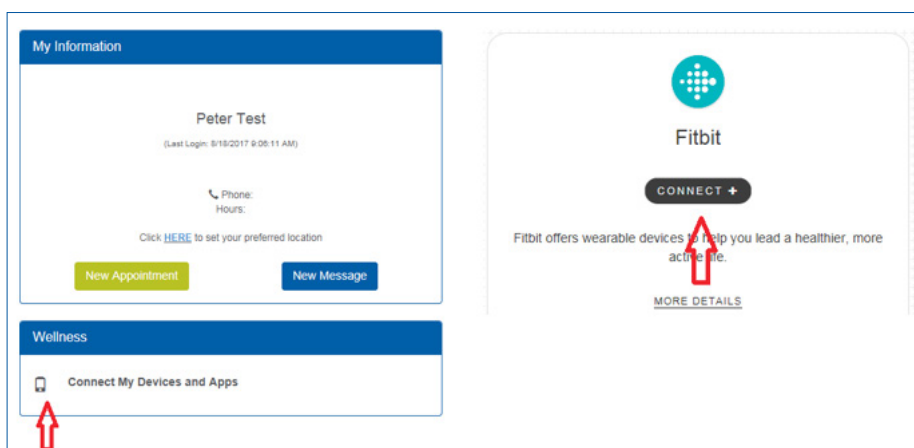
The Wellness section of the eHealth portal consists of tools to help manage your health.

Connect Your Devices and Apps

Share your FitBit, Jawbone or Garmin data with Marathon Health! Connecting your account(s) allows you to view your data in the eHealth portal, which can populate Challenge and Incentive Programs that involve steps, exercise, sleep or weight tracking. In addition, integrated data can be seen by Health Center Staff.

To connect your Fitbit, Jawbone, or Garmin devices and apps to the eHealth Portal:

1. Select **Connect My Devices and Apps** from the home page under the *Wellness* section.
2. Select the device that you want to connect to from the marketplace and click on the **Connect** button.
Note: You can also **Disconnect** your device/app from this page.



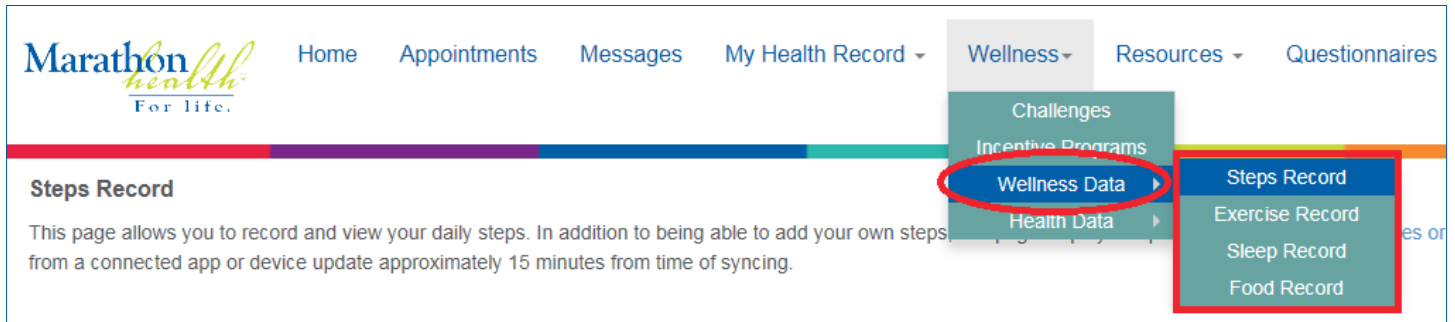
Data from a connected device is typically available in the portal within 24 hours. You can find the data in the (Steps/Exercise/Food/Sleep/Weight) records.

If you are experiencing issues connecting your device, disable the "Block Pop-Ups" option in your browser or phone settings.

No device? No problem. Fitbit allows users to create an account without owning a Fitbit device.

Wellness Data


Visit the *Steps*, *Exercise*, and *Sleep Records* to view or record your activity. A *Food Record* is also available to view any Fitbit recorded food.

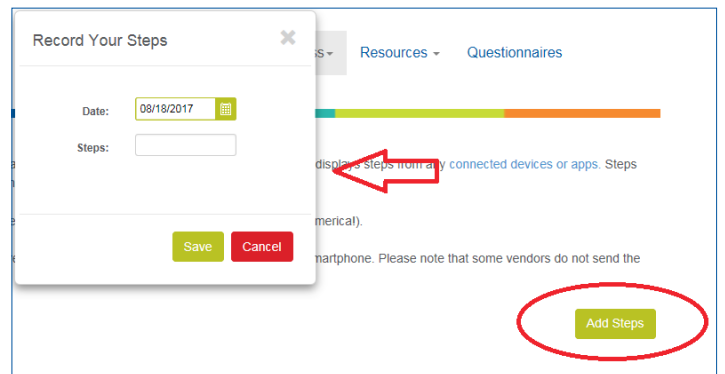


Steps Record: The *Steps Record* can be accessed from the “Wellness Data” menu item, available under *Wellness* (*Wellness > Wellness Data > Steps Record*). This page allows you to record and view your daily steps. In addition to being able to add your own steps, this page displays steps from any connected devices or apps. Steps from a connected app or device update approximately 15 minutes from time of syncing.

Calories burned for self-reported steps is calculated using the following formula: 1 calorie per 20 steps (Shape Up America!). Sources listed with an asterisk (*) are verified sources and are obtained from a device such as a fitness tracker or smartphone. Please note that some vendors do not send the data as verified.

To record steps:

1. Select the **Add Steps** or  button which opens the “Record Your Steps” window.
2. Select the date using the date picker, enter your steps and **Save**. Self-reported steps can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: Data obtained from devices and apps cannot be edited or deleted in the Marathon eHealth Portal.





Steps Record

This page allows you to record and view your daily steps. In addition to being able to add your own steps, this page displays steps from any [connected devices or apps](#). Steps from a connected app or device update approximately 15 minutes from time of syncing.

Calories burned for self-reported steps is calculated using the following formula: 1 calorie per 20 steps (Shape Up America!).

Sources listed with an asterisk (*) are verified sources and are obtained from a device such as a fitness tracker or smartphone. Please note that some vendors do not send the data as verified.

[Add Steps](#)


Date	Steps	Miles	Calories Burned	Source	
7/18/2017	10123	5.06	506	Self-Entered	 
7/7/2017	886	0.39	1386	Fitbit	
7/6/2017	3826	1.67	1537	Fitbit	
7/5/2017	3710	1.62	1550	Fitbit	

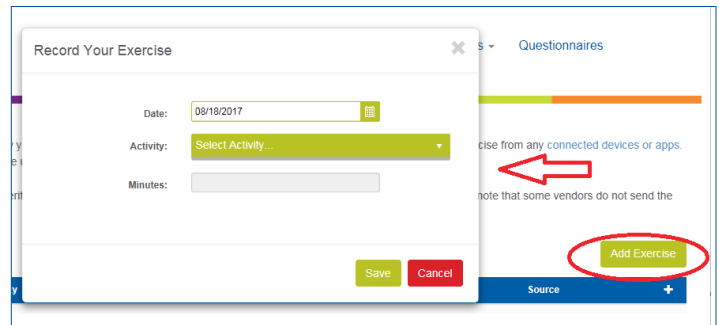
Exercise Record: The *Exercise Record* can be accessed from the “Wellness Data” menu item, available under *Wellness (Wellness > Wellness Data > Exercise Record)*. This page allows you to record and view your daily exercise. In addition to being able to add your own exercise, this page displays exercise from any connected devices or

apps. Exercise from a connected app or device updates approximately 15 minutes from time of syncing.

Sources listed with an asterisk (*) are verified sources and are obtained from a device such as a fitness tracker or smartphone. Please note that some vendors do not send the data as verified.

To record exercise:

1. Select the **Add Exercise** or  button which opens the “Record Your Exercise” window.
2. Select the date using the date picker and then select the exercise activity from the **Activity** dropdown. Enter the total minutes of exercise for the selected date and **Save**. Self-reported exercise can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: Data obtained from devices and apps cannot be edited or deleted in the Marathon eHealth Portal.



Exercise Record

This page allows you to record and view your daily exercise. In addition to being able to add your own exercise, this page displays exercise from any [connected devices or apps](#). Exercise from a connected app or device updates approximately 15 minutes from time of syncing.

Sources listed with an asterisk (*) are verified sources and are obtained from a device such as a fitness tracker or smartphone. Please note that some vendors do not send the data as verified.

Add Exercise


Date	Activity	Minutes	Calories Burned	Source	
8/3/2017	Aerobics, step, with 10-12 inch step	122		Self-Entered	 
7/13/2017	Fishing from river bank, standing	29		Self-Entered	 
7/10/2017	Archery (non-hunting)	150		Self-Entered	 
7/8/2017	Aerobics, step, with 10-12 inch step	120		Self-Entered	 
7/7/2017	Archery (non-hunting)	50		Self-Entered	 

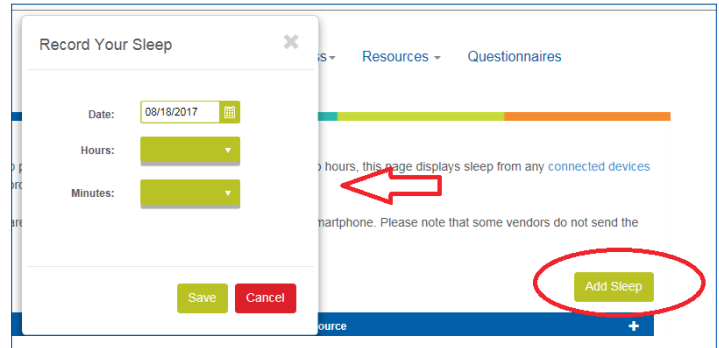
Sleep Record: The *Sleep Record* can be accessed from the “Wellness Data” menu item, available under *Wellness* (*Wellness > Wellness Data > Sleep Record*). This page allows you to record and view your hours of sleep per day. In addition to being able to add your own sleep hours,

this page displays sleep from any connected devices or apps. Sleep from a connected app or device updates approximately 15 minutes from time of syncing.

Note: The *Sleep Record* only pulls in FitBit data at this time.

To record sleep:

1. Select the **Add Sleep** or  button which opens the “Record Your Sleep” window.
2. Select the date using the date picker and enter your hours and minutes of sleep and **Save**. Self-reported sleep can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: data obtained from devices and apps cannot be edited or deleted in the Marathon eHealth Portal.



Sleep Record

This page allows you to record and view your hours of sleep per day. In addition to being able to add your own sleep hours, this page displays sleep from any [connected devices or apps](#). Sleep from a connected app or device updates approximately 15 minutes from time of syncing.

Sources listed with an asterisk (*) are verified sources and are obtained from a device such as a fitness tracker or smartphone. Please note that some vendors do not send the data as verified.

Add Sleep

Date	Sleep	Source	
8/9/2017	5 hours 33 minutes	Self-Entered	
7/17/2017	18 hours 4 minutes	Self-Entered	
6/30/2017	11 hours 11 minutes	Self-Entered	

Food Record: The *Food Record* can be accessed from the “Wellness Data” menu item, available under *Wellness* (*Wellness > Wellness Data > Food Record*). This is a read-

only page and displays daily totals for: calories, protein, fat, carbs, fiber, and sodium for foods logged in a connected device or app.

Date	Calories	Protein	Fat	Carbs	Fiber	Sodium	Water	Source
8/8/2017	1745							Fitbit
8/5/2017	4700							Fitbit
7/5/2017	1378	34.76g	27.9g	85.31g	3.38g	1636.61mg		Fitbit
7/3/2017	2256	23.77g	17.15g	82.75g	2g	999.8mg		Fitbit
6/15/2017	11227	93.27g	17.41g	528.4g	24g	6071.61mg		Fitbit

Food Item	Calories	Protein	Fat	Carbs	Fiber	Sodium	Water
Double Cheeseburger	458	25.76	25.9	34.31	1.38	1136.61	
Penne	600						
Bagel, Plain Bagel	260	9	2	51	2	500	
Pasta Sauce, Traditional, Marinara	60						
Daily Totals	1378	34.76g	27.9g	85.31g	3.38g	1636.61mg	

Daily food details can be viewed by clicking the date you want to view. Click OK to close the Food details window.

The Food Record is a read-only page and cannot be edited or deleted from within the Marathon eHealth Portal.


Health Data

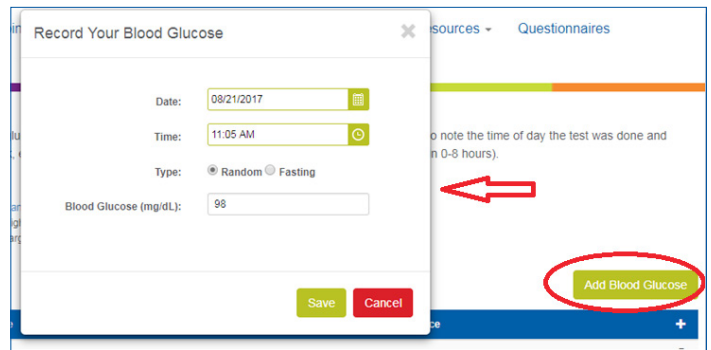
Visit the *Blood Glucose*, *Blood Pressure*, and *Weight Records* to view or record your activity.

Blood Glucose Record: The *Blood Glucose Record* can be accessed from the "Health Data" menu item available under *Wellness* (*Wellness > Health Data > Blood Glucose Record*). This page allows you to record and view blood glucose readings measured with a portable blood glucose

meter. It is important to note the time of day the test was done and whether you were fasting (nothing to eat or drink, except water, in the previous 9 hours) or random (have had food or drink within 0-8 hours).

To record glucose:

1. Select the **Add Blood Glucose** or  button which opens the "Record Your Blood Glucose" window.
2. Select the date using the date picker and enter the time the results were obtained. Enter type (Random or Fasting) and enter the result under the "Blood Glucose (mg/dL):" field and **Save**. Self-reported blood glucose results can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: Results from the Marathon Health Center cannot be edited or deleted. The source will display as **MH*** for Marathon Health entered data.



Blood Glucose Record

This page allows you to record and view blood glucose readings measured with a portable blood glucose meter. It is important to note the time of day the test was done and whether you were fasting (nothing to eat or drink, except water, in the previous 9 hours) or random (have had food or drink within 0-8 hours).

RISK RANGES:

Fasting Blood Glucose (mg/dL)
 High: 126 or more
 Mod: 101-125
 Target: 100 or less

Random Blood Glucose (mg/dL)
 High: 200 or more
 Target: 199 or less


[Add Blood Glucose](#)

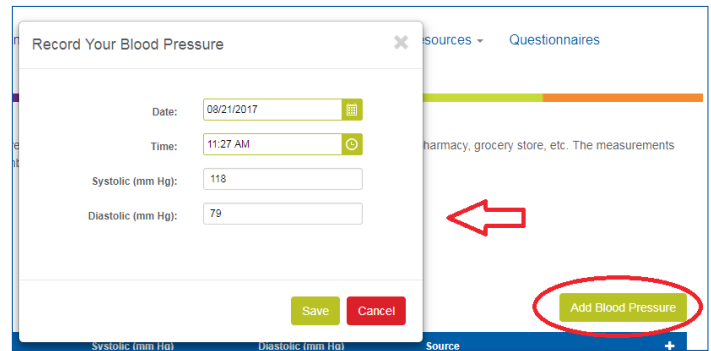
Date	Time	Type	Blood Glucose (mg/dL)	Source	
8/21/2017	11:14 AM	Fasting	98	Self-Entered	
8/9/2017	9:47 AM	Random	50	Self-Entered	
8/9/2017		Random	150	MH*	
8/9/2017		Fasting	101	MH*	

Blood Pressure Record: The *Blood Pressure Record* can be accessed from the "Health Data" menu item available under *Wellness* (*Wellness > Health Data > Blood Pressure Record*). This page allows you to record and view blood

pressure (BP) readings measured with a portable cuff at home or a device in a pharmacy, grocery store, etc. The measurements should include the systolic, which is the top number and the diastolic, which is the bottom number.

To record blood pressure:

1. Select the **Add Blood Pressure** or  button which opens the "Record Your Blood Pressure" window.
2. Select the date using the date picker and enter the time the results were obtained. Enter the systolic and diastolic results and **Save**. Self-reported blood pressure results can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: Results from the Marathon Health Center cannot be edited or deleted. The source will display as **MH*** for Marathon Health entered data.









Blood Pressure Record

This page allows you to record and view blood pressure (BP) readings measured with a portable cuff at home or a device in a pharmacy, grocery store, etc. The measurements should include the "Systolic" which is the top number and the "Diastolic", which is the bottom number.

RISK RANGES:

Systolic (mm Hg)	Diastolic (mm Hg)
High: 140 or more	High: 90 or more
Mod: 130-139	Mod: 81-89
Low: 121-129	Target: 80 or less
Target: 120 or less	


[Add Blood Pressure](#)

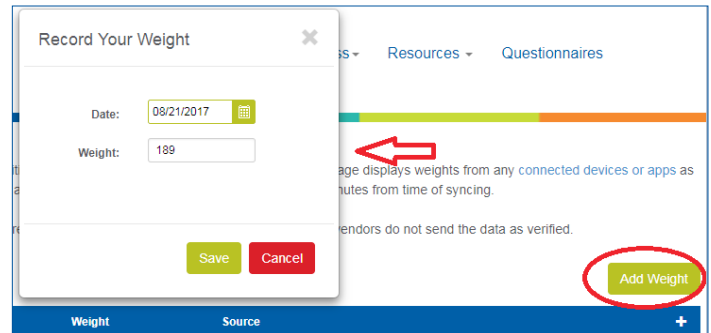
Date	Time	Systolic (mm Hg)	Diastolic (mm Hg)	Source	
8/21/2017		119	81	MH*	
7/6/2017	11:15 PM	141	60	Self-Entered	 
7/6/2017		150	90	MH*	
7/5/2017	11:21 AM	40	10	Self-Entered	 
7/4/2017	2:26 PM	50	190	Self-Entered	 

Weight Record: The *Weight Record* can be accessed from the “Health Data” menu item available under *Wellness* (*Wellness > Health Data > Weight Record*). This page allows you to record and view your weight. In addition to being able to add your own weight results, this page displays weights from any connected devices or apps

as well as weights obtained at the Health Center. Weights from a connected app or device update approximately 15 minutes from time of syncing. Sources listed with an asterisk (*) are verified sources and are obtained from a smart scale. Please note that some vendors do not send the data as verified.

To record weight:

1. Select the **Add Weight** or  button which opens the “Record Your Weight” window.
2. Select the date using the date picker, enter weight and **Save**. Self-reported weight results can be edited by clicking on the pencil icon or deleted by clicking on the trash can. Note: Results obtained from devices/apps or from the Marathon Health Center cannot be edited or deleted. The source will display as **MH*** for Marathon Health entered data.





Weight Record

This page allows you to record and view your weight. In addition to being able to add your own weight results, this page displays weights from any [connected devices or apps](#) as well as weights obtained at the Health Center. Weights from a connected app or device update approximately 15 minutes from time of syncing.

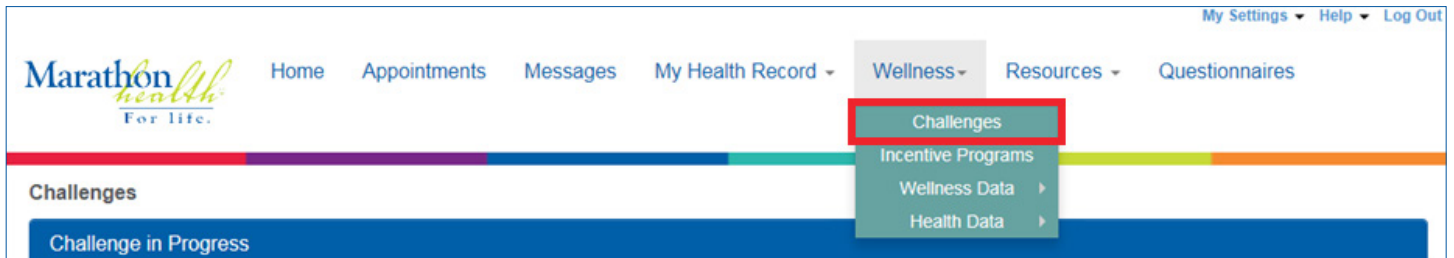
Sources listed with an asterisk (*) are verified sources and are obtained from a smart scale. Please note that some vendors do not send the data as verified.

Add Weight

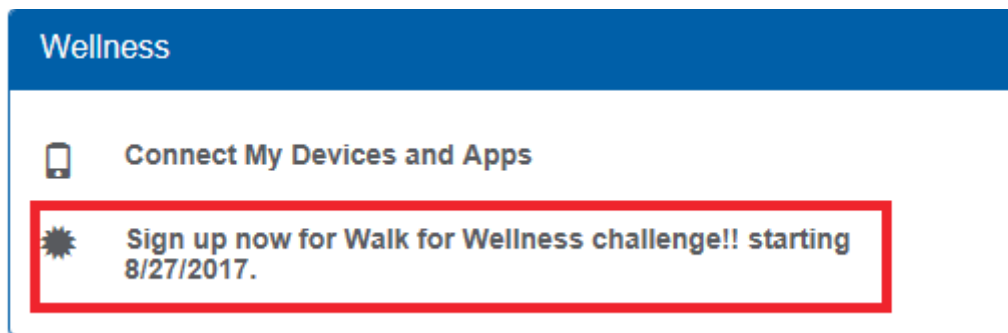
Date	Weight	Source	
8/4/2017	207	Fitbit	
8/3/2017	203	Fitbit	
7/20/2017	215	MH*	
7/20/2017	211	Self-Entered	 

Wellness Challenges

The “Challenge” menu item is available from the *Wellness* tab for health centers that are in the sign-up period for a challenge or are running an active challenge. The *Challenge* page allows you to register for available challenges as well as view your progress in a challenge.



The *Challenge* page can also be accessed from the wellness widget on the portal home page.



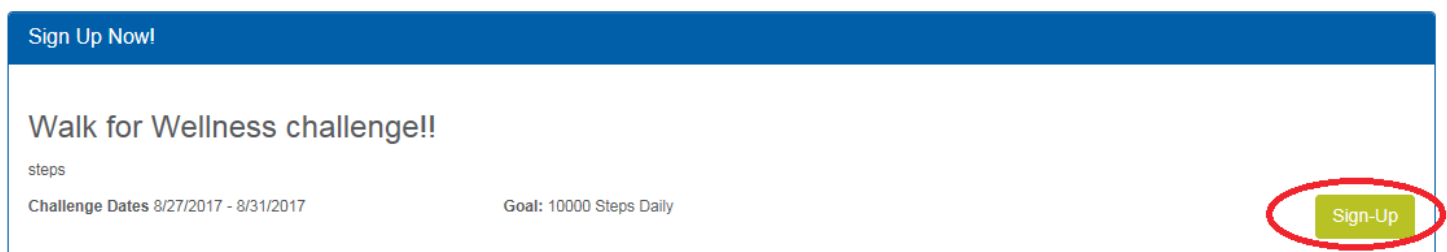
The *Challenge* page includes:

1. Challenges that you are eligible to enroll in.
2. Any active challenges that you are currently enrolled in
3. Historical challenges that you have participated in configured to display the winner.

Sign-up for a challenge: Challenges can be individual or team based. Team based challenges can be set-up with pre-designated team(s) or with an option to create your own team.

To sign-up for an Individual Challenge:

1. Select the **Sign-Up** button from the “Sign Up Now!” widget on the *Challenge* page.



To sign-up for a Team Challenge (Choose Existing Team):

1. Select the **Sign-Up** button from the "Sign Up Now!" widget on the *Challenge* page.
2. Select a team name from the drop down in the "Choose Your Team" window.
3. Click on the **Register For Team** button to register for the challenge with the team you selected.

The screenshot shows a dialog box titled "Choose Your Team" with a close button (X) in the top right. Below the title, there is a "Team:" label followed by a dropdown menu. The dropdown menu is open, displaying a list of team names: "Team Zumbal", "Team Cardio", "Team Run!", and "Team Zumbal". The "Team Zumbal" option at the bottom of the list is highlighted in green. Below the dropdown menu, there are two buttons: "Register For Team" (circled in red) and "Cancel".

To sign-up for a Team Challenge (Choose Existing Team or Create Your Own Team):

1. Select the **Sign-Up** button from the "Sign Up Now!" widget on the *Challenge* page.
2. Select a team name from the drop down in the "Choose Your Team" window, OR
3. Enter the name of your own team and press **Create Team** to create a team. Creating a team will automatically register you in the challenge as a member of that team.

The screenshot shows a dialog box titled "Choose Your Team" with a close button (X) in the top right. Below the title, there is a radio button labeled "Create Your Own Team" which is selected. Below this, there is a text input field with the text "Walking Divas!" and a red arrow pointing to it. Below the input field, there are two buttons: "Create Team" (circled in red) and "Cancel".

Active Challenge: The "Challenge in Progress" widget will display the following information:

To sign-up for a Team Challenge (Choose Existing Team or Create Your Own Team):

- Name, Team (for a team based challenge), challenge dates, and goal.
- A record button to record your steps/exercise/sleep/weight. Selecting this button will take you to the corresponding steps/exercise/sleep/weight record page to record your activity.
- A progress bar to view your progress for current total against challenge total.
- The **Unregister** button will allow you to unregister from an active challenge at any point during active challenge.

The screenshot shows a widget titled "Challenge in Progress" with a blue header. Below the header, there is a section titled "Take the step challenge". To the right of this title, it says "Challenge Dates: 8/21/2017 - 8/30/2017" and "Goal: 6000 Steps Daily". There is a "Record Steps" button. Below this, there is a progress bar showing 56% completion. Below the progress bar, it says "Total: 30000 steps of 54000 steps". There is an "Unregister" button.

Incentive Programs

An Incentive Programs menu item is available from the Wellness tab for health centers that are running an incentive program or have run historical incentive programs in the eHealth portal. The Incentive Program page allows you to view a summary of your incentive program activity and awarded points.

The most recent/active incentive program summary will display on the page. You can also select historical incentive programs from the drop-down list if available.

Incentive Program 2017
3 / 100 Points

Healthy Initiatives is a program to encourage employees to participate in healthy behaviors that can impact health risk factors. You can earn points through the year by completing the items in the list below, for every 10 points earned you will get 1 chance into a drawing for big prizes. Duncan Aviation's wellness program fuels success by creating a happy healthy and productive workforce through total wellbeing and health initiatives for employees and their families.

The program runs from January 1, 2017 to December 1, 2017.

*Note: Preventative exams (noted with asterisk below) require that you fax your Explanation of Benefits (EOB) and Incentive Verification Form Wellness at 123-456-7890 or email demo@organization.com. A copy of the verification form can be found on the dashboard of the wellness page labeled Incentive Verification Form.

- Preventative exams include mammogram, cervical cancer screenings and colonoscopy.

Our organization is committed to helping you achieve your best health. If you think you might be unable to meet a standard for a chance at a reward under the various options this program offers, you might qualify for an opportunity to earn the same reward by different means. Please contact your wellness coordinator for details.

Anna Smith x4700
Kelly Songer x8200

Standard Incentive Activities	Points Earned	Available Points
Complete Your HHRA Online	0	10
Get Your Biometrics Done! ?	0	10
Get Your Flu Shot this Fall	0	5
Total Points:	0	25

Earning points for an incentive: A combination of different types of incentives will be available to earn points for an incentive program. Any incentives that display as a blue hyperlink will bring you to the page within the eHealth portal where you can take action to earn the incentive

(selecting the Complete Your HHRA Questionnaire will take you to the Questionnaire page, for example, where you can then complete your HHRA and earn points). Note: If a blue help icon appears next to an incentive, select it for additional details on how to earn points.

Earn Points for Being Active	Points Earned	Available Points
Record Your Steps! ?		
Record Your Exercise ?		
Annual Preventative Care		
Annual Dental Exam ?		
Annual Preventative Screening Exam ?		
Compete In a Community Wellness Event		
Complete a Race ?	0	10
Total Points:	0	35

Complete a Race ✕

Run or walk a 5k, 10k, half-marathon or full marathon! Earn 5 points for each per month with a max of 10 points.

Close

Reported Incentive: Reported incentives allow you to self-report an incentive activity. The incentive will display as a blue hyperlink.

Annual Preventative Care	Points Earned	Available Points
Annual Dental Exam ⓘ	0	10
Annual Preventative Screening Exam ⓘ	0	10
Complete In a Community Wellness Event	0	5
Complete a Race ⓘ	0	10
Total Points: 0		35

Selecting the hyperlink will launch the “Tell Us More” pop-up. You can select the date from the date picker and add a description under the description text box, then press **OK**.

Please note that some reported incentives require approval in order to award points. Such incentives will be added to the approval queue and will award points once approved by the administrator.

Tell Us More [Close]

Incentive: Complete a Race

Date Activity Completed: 08/22/2017 [Calendar]

Activity Description: [Text Box]

[Ok] [Cancel]

Video Tutorials

How to connect your wearable device:

<https://vimeo.com/252783066/482874f4b3>

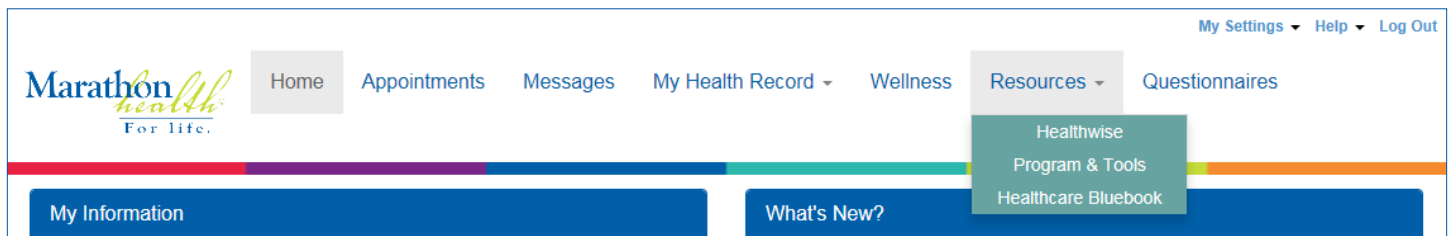
How to register for a challenge and manually record wellness data:

<https://vimeo.com/252784204/70969821de>

How to manually record wellness data (steps, weight, sleep, exercise minutes):

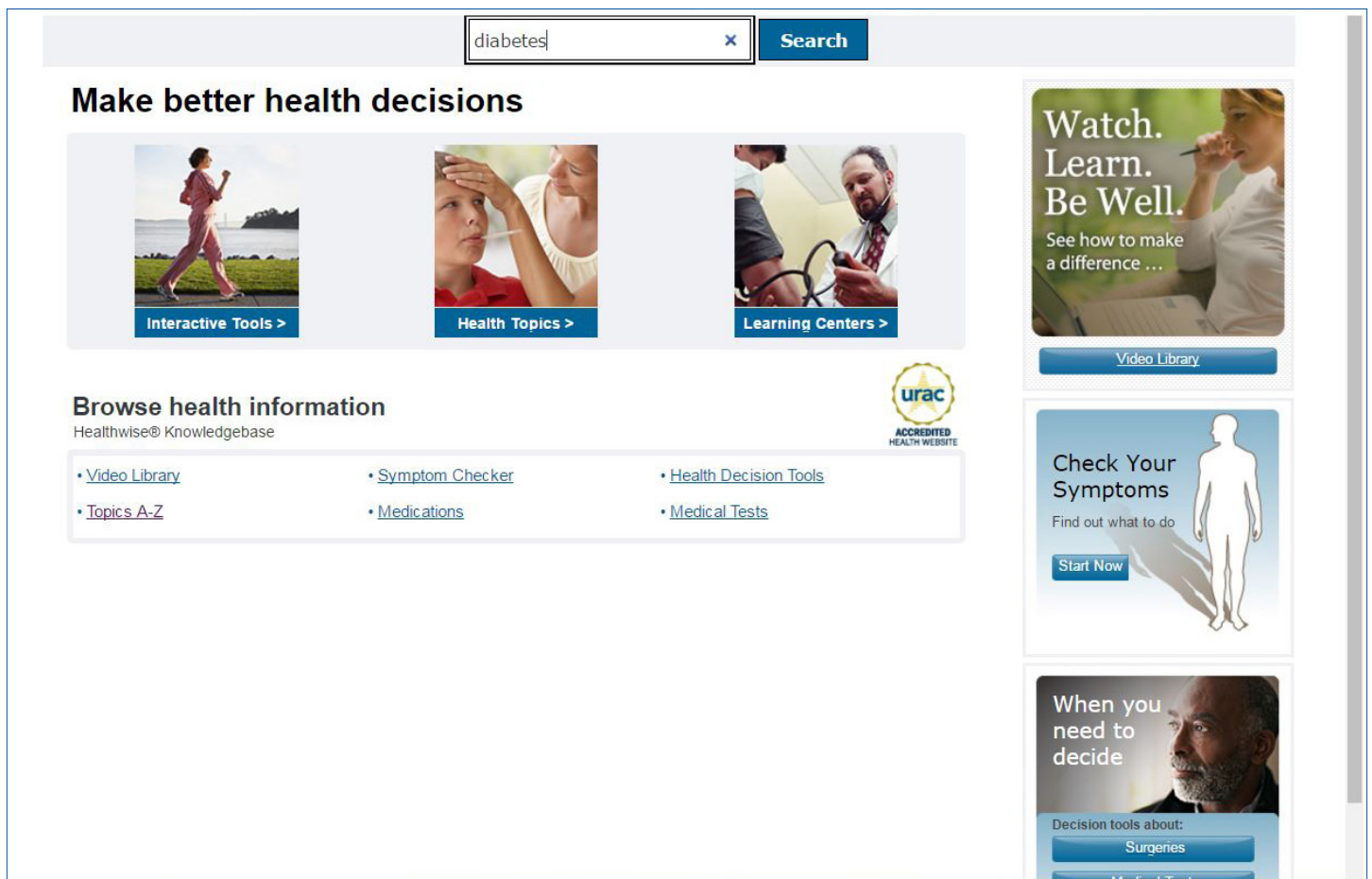
<https://vimeo.com/252784857/974e758d2b>

Resources



HealthWise: Healthwise® is a medical library that provides access to many general health, disease, and medication questions. This medical knowledgebase gives you the right information about health issues, medical tests and medications when you need it.

Use Healthwise by typing a word in the search box or looking through the list of topics presented in the alphabetical listing "List All Topics A-to-Z." The "Health Topics" area filters topics in various ways—by category or name—as well as interactive tools, medical tests, and support group information.



Programs & Tools: The *Programs & Tools* page contains over thirty-five educational programs designed to help manage your health. The programs cover numerous health conditions and wellness topics and consist of

articles and videos that can be reviewed at your discretion. Your Marathon Health provider may recommend that you review specific programs.

Programs & Tools

The following Programs are designed to help you manage your health. Your Marathon Health provider may recommend these to you or you may complete them on your own. Should you have questions please contact your health center.

Disclaimer. This Web Site is an information tool, the content of which is for informational and educational purposes only, to support, not replace, the relationship that exists between you and your existing physician or other qualified health care provider. Marathon Health and its third party content providers expressly disclaim responsibility for any adverse effects, loss or risk incurred, as a direct or indirect consequence of using the informational and educational information contained on the Web Site. Always seek professional medical advice from your physician or other qualified health care provider with any questions you have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you read in the Web Site.

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In Progress and/or Incentivized Programs ▾

Healthcare Bluebook: Healthcare Bluebook™ simplifies things and makes it easier for you to navigate the healthcare system to find high-quality, low-cost providers. This tool allows you to search any procedure to find out how much you should be paying in your area; compare procedure costs and make decisions about your healthcare and save money in out-of-pocket costs every

time you receive medical care. Healthcare Bluebook ranks all hospitals nationally by procedure to show patients the top and bottom performing hospitals in their local market. This ensures that you get the highest levels of care for the medical procedures that you need. Please note, this is a service that is only available if your employer has contracted for it through Marathon Health.

Health Care Bluebook

Healthcare Bluebook makes it easy for you to both know the fair price for medical procedures and find the nearest healthcare providers that offer fair prices. Enter your default zip code and search by topic below.

Results are customized to this zip-code: 37660

Hospital ▾ Physician ▾ X-ray, Imaging ▾ Labs ▾ Cosmetic Medicine ▾ Hearing Aids ▾ Dental ▾ Medications ▾

17 results found

Hospital Services

-  Cholecystectomy (surgical)
Surgery admission for Cholecystectomy (surgical)
-  Pilonidal Cyst Removal
Hospitalization to receive Pilonidal Cyst Removal
-  Rectal Herniation Surgery
Surgery admission for Rectal Herniation Surgery
-  Splenectomy
Surgery admission for Splenectomy
-  Total Thyroid Removal
Admission for inpatient treatment of Total Thyroid Removal

Physician Services

Questionnaires

The *Questionnaires* page is where you access health screenings and a variety of health questionnaires that are available to you.

The HHRA Questionnaire is the first questionnaire that you will complete. It provides an analysis of your health history and risks based on your lifestyle information and physical data gathered during the assessment process. The HHRA is intended to help you learn more about your health. The information obtained in the HHRA will populate your Personal Health Record. By keeping all of your information in one place, it will help you begin your journey toward making more informed health choices. The estimated time to complete the HHRA is 20-30 minutes.

The HHRA has multiple sections, which must be completed in full in order to have the information sent to the Health Record. If you are unable to complete the HHRA, you can select the green **Finish Later** button in the top right corner. You can go back to complete the HHRA at a later time by selecting the *Questionnaires* tab, and clicking on the Health History and Risk Assessment under "In Progress" on the left side of the screen. When all sections of the questionnaire are complete, select **Send to Health Record** so the information can be stored in your Health Record.

The screenshot displays the 'Questionnaires' interface. On the left, there are three expandable sections: 'Due/Overdue', 'In Progress', and 'Completed'. The 'Due/Overdue' section contains one item: 'Medical Health History' with a due date of 11/8/2016. The 'In Progress' section contains one item: 'Medical Health History' with a start date of 11/4/2016. The 'Completed' section contains four items: 'Health History and Risk Assessment' (8/25/2016), 'Health Risk Assessment Annual Update' (9/15/2016), 'Health History and Risk Assessment' (9/15/2016), and 'Medical Health History'. On the right, the 'Health Questionnaires' section provides detailed descriptions for 'Health History and Risk Assessment (HHRA)', 'Health Risk Assessment Annual Update', 'Medical Health History', and 'Marathon Health Questionnaire'.

Category	Questionnaire Name	Status/Date
Due/Overdue	Medical Health History	Due: 11/8/2016
In Progress	Medical Health History	Started: 11/4/2016
Completed	Health History and Risk Assessment	Completed: 8/25/2016
	Health Risk Assessment Annual Update	Completed: 9/15/2016
	Health History and Risk Assessment	Completed: 9/15/2016
	Medical Health History	

Health Questionnaires

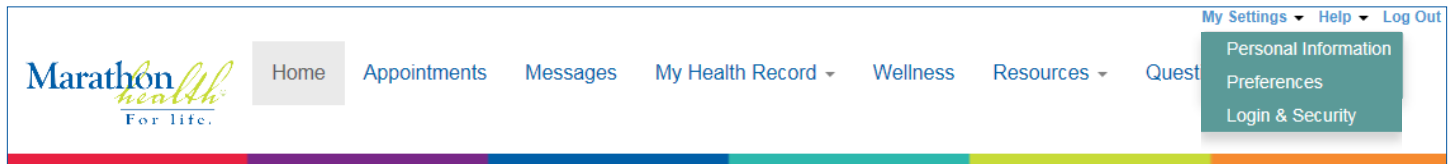
[Health History and Risk Assessment \(HHRA\)](#) is a questionnaire that collects personal medical history, current symptoms you may be experiencing, reviews age appropriate preventive screenings and collects other health risk data that will populate your personal health record. It helps to identify issues that you can discuss with your Marathon Health provider.

[Health Risk Assessment Annual Update](#) collects updated information on preventive screenings, immunizations and other medical history to update your personal health record. This questionnaire should be done if the HHRA has been previously completed within the last year or longer. It is intended to update the information collected in the initial HHRA and will populate your personal health record.

[Medical Health History](#) collects personal medical history, current symptoms, preventive screenings and problems you may be experiencing. It helps to identify issues and risks that you can discuss with your Marathon Health provider and the information will populate your personal health record.

[Marathon Health Questionnaire](#) is a shortened version of the HHRA, which collects personal medical history, current symptoms you may be experiencing and collects other health risk data that will populate your personal health record. It helps to identify issues and risks that you can discuss with your Marathon Health provider.

My Settings



Personal Information: The *Personal Information* section (under *My Settings* in the top toolbar) is where you can add or update personal information, healthcare providers, and contact information. Some information will be automatically populated from the HHRA questionnaire and your medical record. Add or change information by filling out the available forms. Add as much information as you want, hit the **Save** button, and the *Personal Information* screen will be updated. The following sections are available.

Personal Information: Here you can add and edit your personal information, such as basic demographics, home and work address and personal contact information.

Enrolled Programs: Your Marathon Health provider may have you rolled in a Chronic Condition Program. Here you can track those programs to which you are enrolled, as well as the current status of the program. Please check with your health coach for additional questions.

Medical Providers: View and add your physician and other caregivers into the system. Simply click the **Add icon (+)** and fill in the details. You can easily edit each provider record by clicking on the pencil icon to the right of each name; then, make your changes. Your assigned Marathon Health provider appears at the top.

Contacts: Here you can store personal and emergency contact information. Click the **Add icon (+)** and fill in the details. Please be sure to identify a primary contact and primary phone number. Existing contacts are edited by clicking on the pencil icon to the right of each name; then, make your changes.

Login & Security: The Login & Security page will help you manage your access to the eHealth Portal. Follow the simple instructions to change your password.



Preferences

New - Alerts in the eHealth Portal: There are now two new alerts in the eHealth Portal. If you have not updated your preference for Text Appointment Reminders and Granting Access to Appointments, these will be presented to you on login, and persist until you either close the alert, or go to the Preference page and update the preference. Clicking anywhere in the alert box will navigate you to the Preference page.

My Settings ▾ Help ▾ Log Out

⚠ Please Update Preference: Grant Access to your Appointments

⚠ Please Update Preference: Text Appointment Reminders

- Personal Information ×
- Preferences ×
- Login & Security ×

Marathon *health* For life.

Home Appointments Messages My Health Record ▾ Wellness ▾ Resources ▾ Questionnaires

Now in My Settings > Preferences: The following preferences are available. Preferences 1 and 3 have been moved from the Personal Information page, and preference 2 is new.

- 1. Text Appointment Reminders:** used to update your preference for appointment reminders. The options are Email Only (default), Text Only, and Email & Text. If either of the options with Text are selected you are required to enter your Mobile number, as well as agree to the Terms and Conditions. You can also text ENROLL to 36375 to receive text appointment reminders.

Preferences

Text Appointment Reminders: The Marathon eHealth Portal now offers the ability to receive appointment reminders via text message to your mobile phone. Text messages will include reminders for your upcoming appointments with your Marathon Health Provider

Please select your preferred method for receiving appointment reminders.

Notification Preference: Email & Text ▾

Mobile Number :

Email Address :

Agree to [terms and conditions](#)

(click the link above to review the Terms and Conditions)
*Text STOP to 36375 to stop receiving text appointment reminders or text HELP for help. Standard message rates and data charges from your carrier may apply

- 2. Grant Access to your Appointments:** used to allow family members (i.e. spouse/partner or parent if you are >18) access to schedule, cancel, and view your appointments. By default, no one has access to schedule on your behalf, and selecting a name will grant that family member the ability to schedule for you when they access the eHealth Portal. They will not have access to your medical record.

Grant Access to your Appointments: If you would like to allow family members to schedule, cancel, and view your appointments, please select their name(s) below.

Grant Access to: Text, Tina × |

*Please note that by selecting a name you are granting this person access to Schedule (and Cancel) appointments on your behalf. **They will not have access to view your medical record.** You will continue to have access to your dependents (under 18), they do not need to grant you access.

- 3. Preferred Health Center/Location:** used to select your preferred health center location. This would only be enabled if your employer has multiple health centers, and will become your default on the home page, when scheduling appointments, and sending messages.

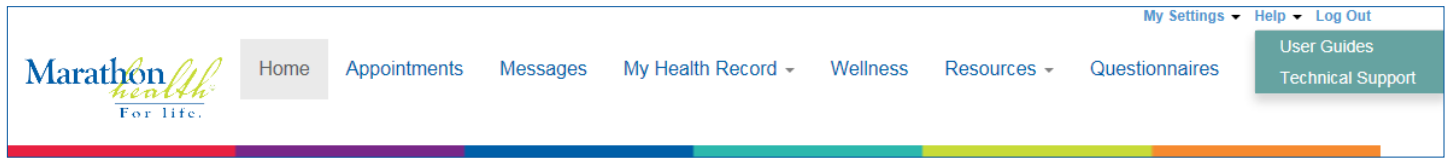
Preferred Health Center/Location: If you have access to more than one health center, please select your preferred location below. This will be your default when scheduling appointments.

Location: Armonk ▾

- Armonk
- Brimfield
- BrooklynPark
- Collegeville

Save Cancel

Help



User Guides: Click here to access user guides for both the eHealth Portal, the Wellness User Guide, as well as a short video demonstration/overview of the eHealth Portal.

Technical Support: Click the **Technical Support** link for general questions about the eHealth Portal. Fill out the form, including a phone number if you want a call back, plus your brief question or comment. Please

remember, that the online form will be submitted to the Marathon Health Help Desk, so do not include personal health information. You can also contact the Help Desk at 888.490.6077.

All medical questions, as well as questions about scheduling or the data in your health record should be directed to your Marathon Health center.