

Marathon Health: eHealth Portal User Guide

Getting Started

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.

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.

my.marathon-health.com

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)

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.

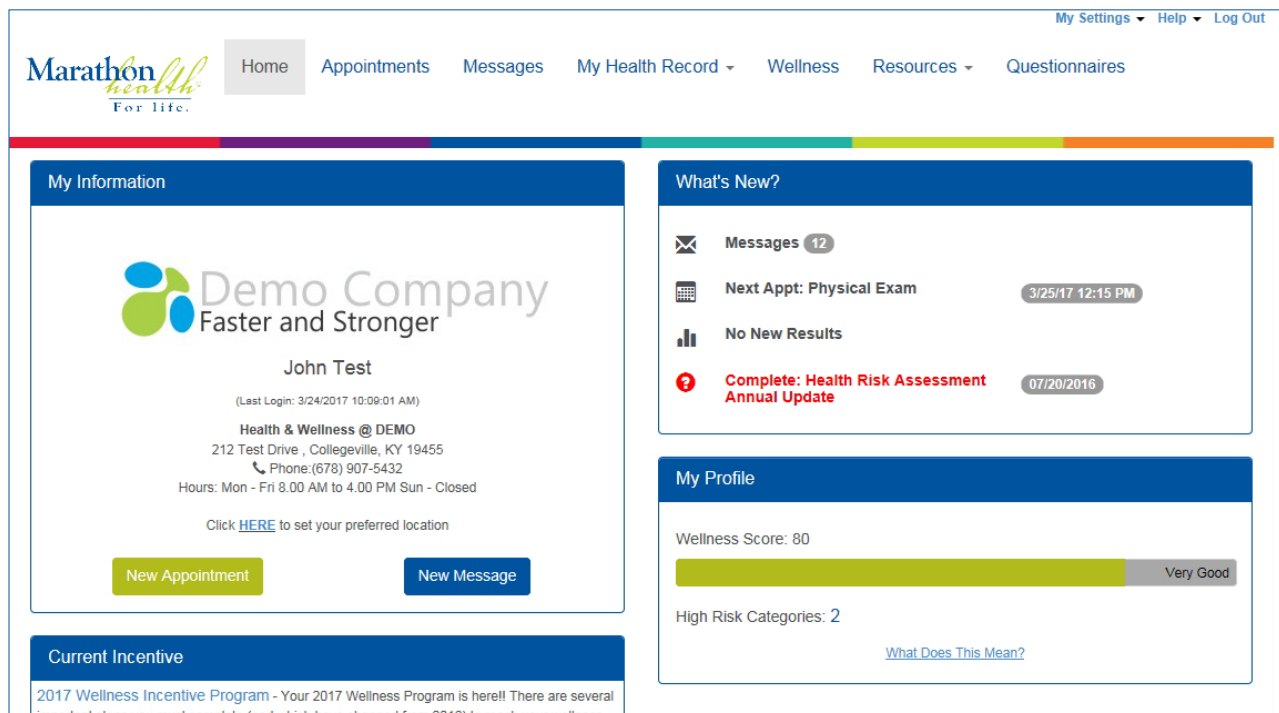
Messages: secure messaging to contact your Marathon Health provider/health coach for advice, follow-up, and other questions.

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

Wellness: tools to help plan and achieve dietary and fitness goals.

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 link to Meet the Staff), 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 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.

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.

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 Goals: This is a snap-shot of any goals that you may be tracking. Click anywhere within this section to jump to the Goals page to view additional details such as "Action Plans" and "Follow Ups."

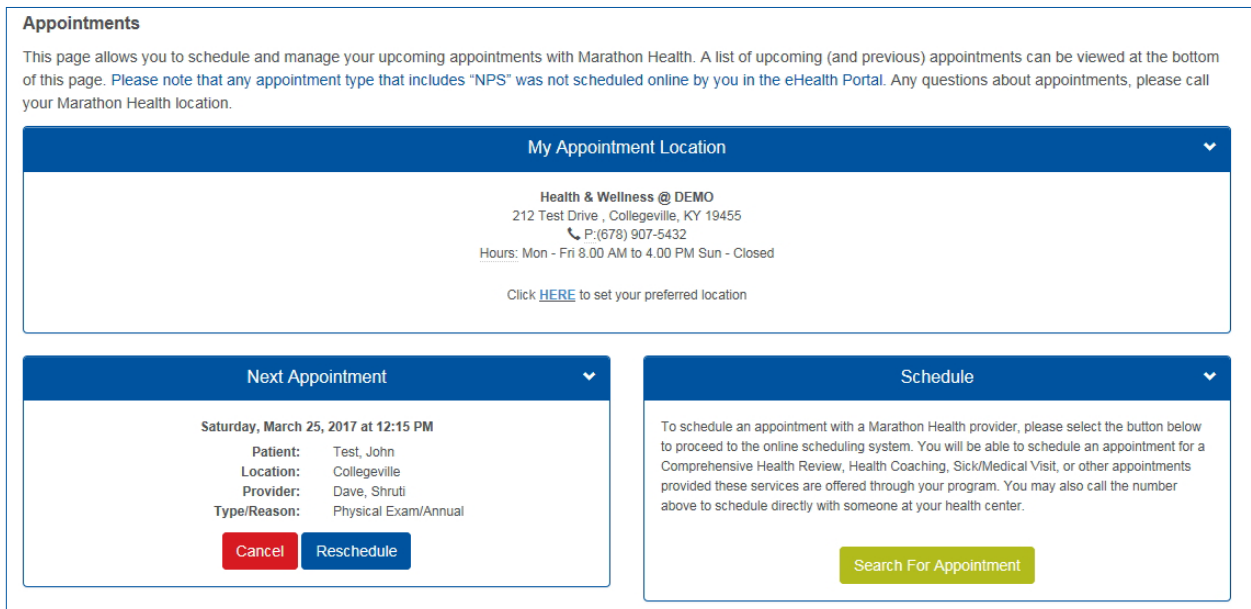
FYI: This section will contain links to specific information about news and activities relevant to you. Simply click the link to view in greater detail.

Appointments



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.



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



Appointment Search

Patient:

Location:

Appointment Type:

MH Provider:

Start Date:

End Date:

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.
2. Select the **Location** of the appointment (this will default to your assigned employee location, which you can change if you have the option to schedule appointments at other health center locations)
3. Select the **Appointment Type** of 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 the appointment (date range presently is one week).
6. Click **Search** to search for available appointment slots.

Date	Time	Location	Provider	Type	Length	
11/10/2016	8:00 AM	Home	Waters, MaryAnne	Medical Visit	30 min	<input type="button" value="Schedule"/>
11/10/2016	8:30 AM	Home	Waters, MaryAnne	Medical Visit	30 min	<input type="button" value="Schedule"/>
11/10/2016	9:00 AM	Home	Waters, MaryAnne	Medical Visit	30 min	<input type="button" value="Schedule"/>
11/10/2016	9:30 AM	Home	Waters, MaryAnne	Medical Visit	30 min	<input type="button" value="Schedule"/>

Enter in the name of the person you are scheduling the appointment for (defaults to your name), 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.

Appointment Confirm

Patient: **Marathon, Maria**

Date: **11/10/2016**

Time: **10:30 AM**

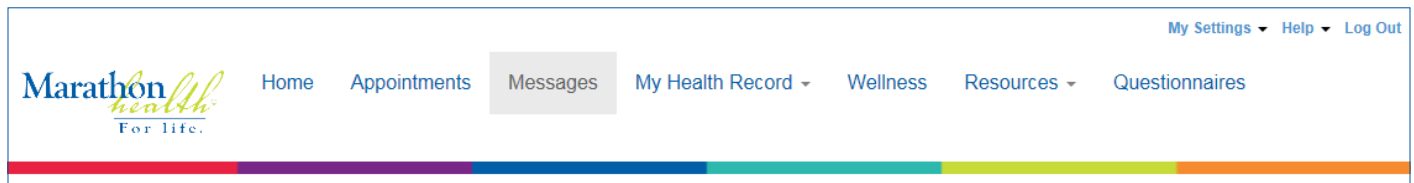
Location: **Home**

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:

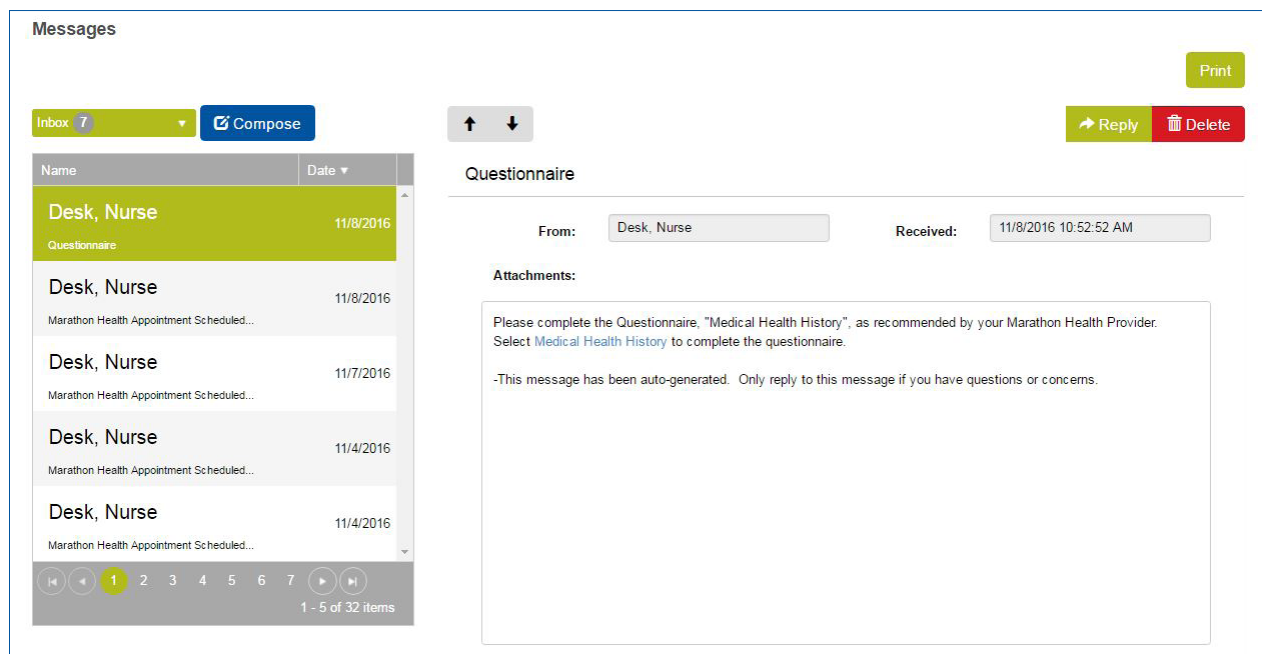
Messages



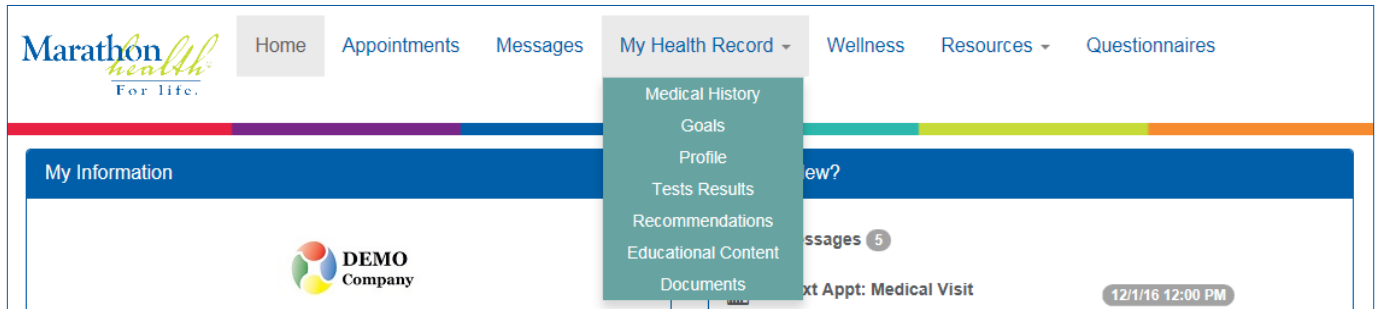
Communicating personal health information through regular email does not provide you with an appropriate level of privacy and security. To ensure the privacy of your health information, the eHealth Portal features a secure-messaging system to communicate with you. Use the messaging feature to send a 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.



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
Print

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

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

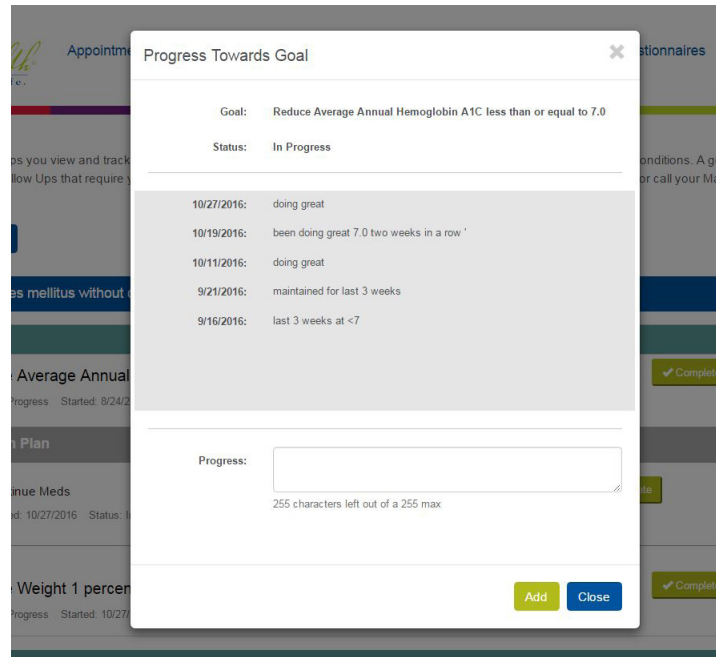
Started: 10/27/2016 Status: In Progress Due: No Date

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?](#)

Blood Pressure 10(10)

Systolic: 120

Diastolic: 80

Smoking/tobacco 0(10)

Smokes tobacco

Uses smokeless tobacco

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. This section shows risk ranges, recommended target ranges, how often and when a test should be done, and why screening tests are important to you. The most recent results are displayed at the top. Click the  icon in the "History" column to view a complete

summary of that result. Each screening result is 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. 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.

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.

All Target: ■ Low: ■ Moderate: ■ High: ■ Print

Test Name	Result	Risk	Date	Risk Ranges	How Often	Next Due	History
Systolic Blood Pressure	133	M	11/8/2016	High: 140 or more Mod: 130-139 Low: 121-129 Target: 120 or less	How Often: Yearly	11/08/2017	
Diastolic Blood Pressure	98	H	11/8/2016	High: 90 or more Mod: 81-89 Target: 80 or less	How Often: Yearly	11/08/2017	
Pulse	54	L	11/8/2016	High: 101 or more, 40 or less Low: 41-59 Target: 60 - 100	How Often: Yearly	11/08/2017	
Respirations	44	H	11/8/2016	High: 11 or less, 23 or more Target: 12 - 22	How Often: Each Visit	No Date	
Oxygen Saturation (%)	95	T	11/8/2016	Target: 95 - 100		No Date	
Temperature	98.9	T	10/18/2016	Target: 98.6 F - 99.9F	How Often: Yearly	10/18/2017	
Pain Scale (0-10)	4		11/8/2016		How Often: As needed	No Date	
Tobacco Use	Yes		9/21/2016			No Date	
Date of Last Menstrual Period	8/20/2016		9/15/2016	Not applicable		No Date	

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 **i** 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 **i**

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

Human papillomavirus (HPV) >

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

Lifestyle changes 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* page provides tools from Cerner Wellness™, an interactive wellness resource to plan and optimize dietary and fitness goals. Beginning with your online profile, the wellness nutrition tools provide you with a nutritional needs summary, food diary and an appropriate fitness plan. The *Exercise Log* can track your activity levels, and provide suggestions for exercise programs tailored to your fitness level and goals.


To get started with the Wellness tools, go to “Wellness User Guide” which will walk you through the features of the *Wellness* section. If you want to access the Wellness tool from a mobile device, you will need to click on the HealthyNow App option, where you will be able to enter your phone number and set a PIN, which will be used to launch the app.

Health Wellness Nutrition Exercise Blogs Incentives Reference Marathon Health Handouts

Mobile Application Print

HealthyNow

Your Marathon Health portal is designed to be compatible with the HealthyNow application that you can download for your iOS device (iPhone or iPad) or your Android device (phone or tablet).



Highlights

Here are some of the features you can utilize with HealthyNow.

- Challenges
- Food
- Exercise
- Steps
- Weight
- Incentives
- Medications

Login Information * Required

Portal Code:

* Phone #:

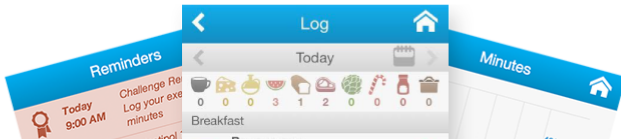
* Set PIN:

* Confirm PIN:

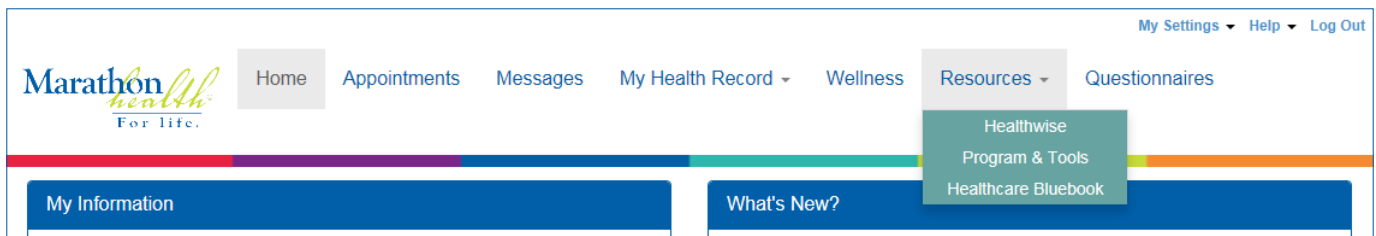
Reminders: Yes No

Download Now

The HealthyNow app is free from the App Store (iOS) and Google Play (Android) stores and is built to connect to your Marathon Health portal.

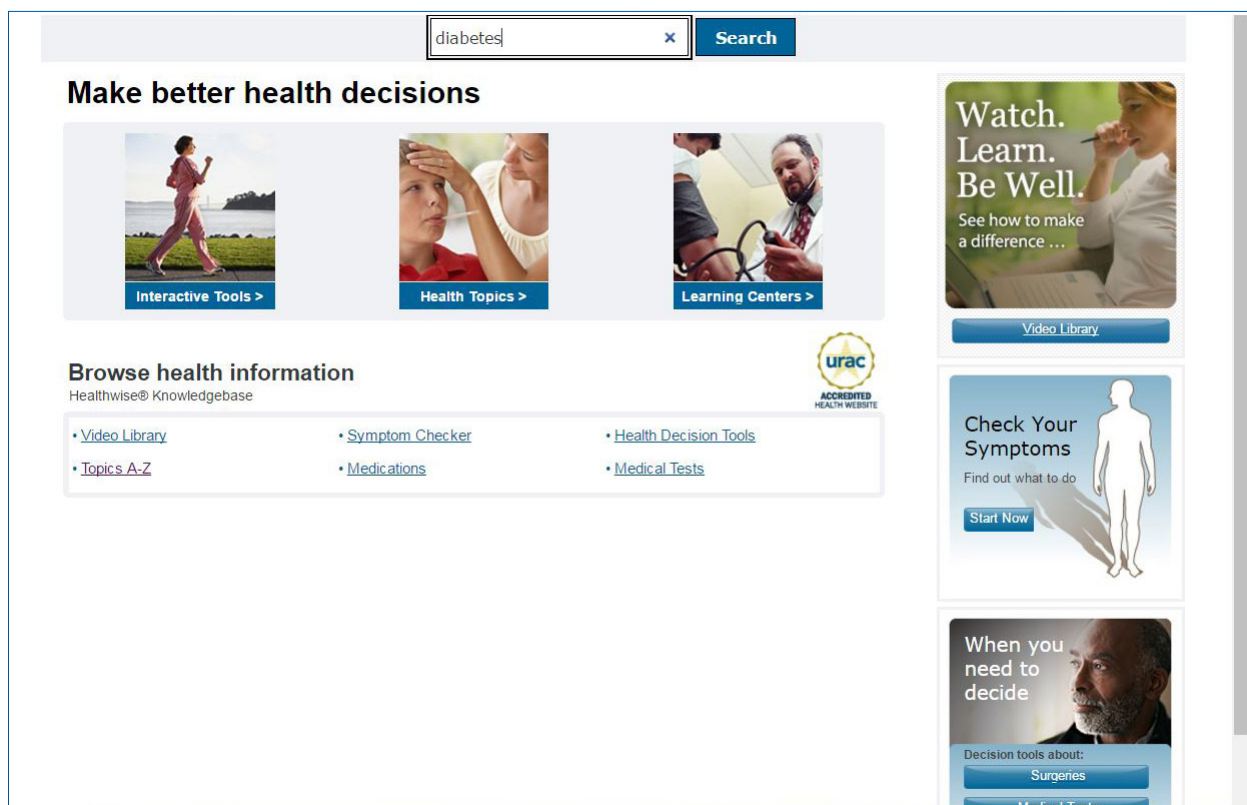


Resources



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: Your Marathon Health provider may recommend that you review some of the “Programs to Take Action” or “Interactive Tools,” as these are designed to help you manage your health.

Programs & Tools

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

Programs to Take Action

Programs For Managing Your Health

- Smokeless - Quit entirely or control your smoking
- Stress Management - Prevent and minimize the damaging effects of stress

Interactive Tools

Tools for Managing Your Health

- Tip Sheet - - helpful hints to quit smoking
- Are you ready to quit smoking?
- How much is smoking costing you?
- Do you have a drinking problem?
- What is your stress level?
- How well do you bounce back?
- Are you at risk for a heart attack?

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

- Abdominal Artery Closing
Permanent closing of the abdominal artery
- Abdominal Tumor Removal
Surgical removal of abdominal tumor(s)

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' page interface. On the left, there are three expandable sections: 'Due/Overdue', 'In Progress', and 'Completed'. The 'Completed' section is currently expanded, showing a list of questionnaires with their completion dates. On the right, the 'Health Questionnaires' section is expanded, providing detailed descriptions for 'Health History and Risk Assessment (HHRA)', 'Health Risk Assessment Annual Update', 'Medical Health History', and 'Marathon Health Questionnaire'.

Questionnaires
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 Completed: 10/11/2016

Health Questionnaires

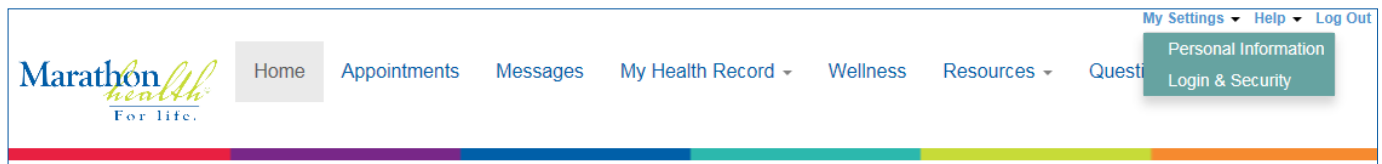
[Health History and Risk Assessment \(HHRA\)](#) is a questionnaire that collects personal medical history, current symptoms you may be experiencing, reviews age appropriate preventive screenings and collects other health risk data that will populate your personal health record. It helps to identify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

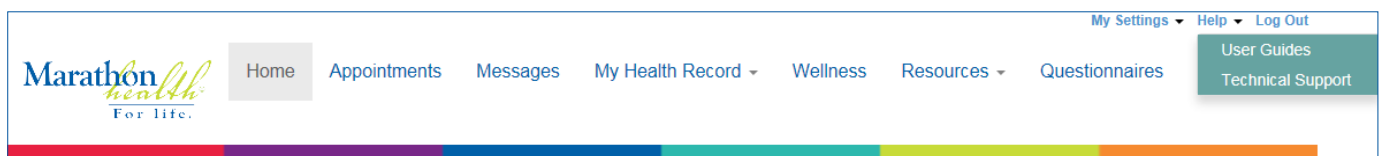
Personal Information: Here you can add and edit your personal information, such as basic demographics, home and work address and personal contact information. To receive appointment reminders via **Text Only** or **Email & Text**, change the Notification Preference. If you have access to multiple health centers, you can select your preference from the list of options under Preferred Health Center/Location. Click **Save** to save any updates.

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.

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.