

**LOCATION**

2601 Midpoint Drive  
Suite 100  
Fort Collins, CO 80525

**CENTER HOURS**

Mon, Wed, Fri  
7:00am - 4:00pm  
Tues, Thurs  
8:30am - 5:30pm

**PHONE**

(970) 980-2425

# THE WELLNESS CLINIC

The Wellness Clinic, operated by Marathon Health, focuses on helping people live the healthiest life possible. Services include primary care, health coaching, group wellness programs, more time with your provider, little to no wait time before your scheduled appointment, onsite medication dispensing, and online appointment scheduling.

Services are provided at no additional cost and available to employees, spouses, and dependents (ages 2 years and older) enrolled in the County medical plan.

**TO SCHEDULE APPOINTMENTS**

Please call (970) 980-2425

Go online at [www.marathonhealth.com/myphr](http://www.marathonhealth.com/myphr).



**PRIMARY CARE SERVICES**

- Bronchitis
- Common cold
- Constipation
- Cough
- Diarrhea
- Ear pain
- Eye infections
- Headache
- Hip pain
- Knee pain
- Nausea and vomiting
- Nosebleed
- Shoulder pain
- Sinus infections
- Skin infections/rash
- Strep throat

**CHRONIC CONDITION COACHING**

- Asthma
- Coronary artery disease
- COPD
- Congestive heart failure
- Depression
- Diabetes
- Gastroesophageal reflux disease
- Hypertension
- Low back pain
- Metabolic syndrome
- Osteoarthritis
- Rheumatoid arthritis
- Sleep Apnea

**PREVENTION**

**HEALTH SCREENINGS**

- Blood Pressure
- Body Mass Index
- Cholesterol
- Glucose

**HEALTH COACHING**

- Nutrition
- Physical activity
- Tobacco cessation
- Stress management
- Weight loss

**Who can use The Wellness Clinic?**

Services are available to employees, spouses, and dependents (ages 2 and older) enrolled in the County medical plan.

**Do I need an appointment to use these services?**

The Wellness Clinic operates on an appointment basis. Marathon Health offers the convenience of online appointment scheduling or by phone. (See above.) If you would like to be seen as soon as possible, we recommend calling to discuss your symptoms and find out if a same-day appointment is available.

**How long should an appointment take?**

Most appointments for sick care will take about 20-30 minutes. Appointment times vary. Physical exams are scheduled for one hour, a Comprehensive Health Review (CHR) can last up to 45 minutes, while health coaching and chronic condition coaching visits are generally 30 minutes.

**Will I have to complete a new Health Risk Assessment (HRA)?**

Employees and spouses who wish to use The Wellness Clinic for the first time are required to schedule an appointment for a biometric screening to assess blood pressure, height, weight, glucose and cholesterol levels, as well as complete an online Health History and Risk Assessment (HHRA).

