

Instructions for How to Self-Report the Wellness Activities & Check for Wellness Points

You will manage your wellness activities, log self-reported completions and be able to participate in additional activities at www.marathon-health.com/MyPhr, your personal hub for all wellness program tracking tools and resources.

Those employees who meet the minimum requirements of the wellness program between July 1, 2018 and June 30, 2019 are eligible for a discount on their Choice or Signature OAP medical premiums for the plan year beginning October 1, 2019. Employees enrolled in the CDHP will be eligible for an additional employer contribution to their health savings account.

Please note that your incentive is based on your medical plan as of October 1, 2019. Incentive amounts will be determined by spring 2019. It is your responsibility to verify all program activities and points are met and reported by **06/30/2019**.

To self-report wellness activities:


1. After logging in to the website, select the “Wellness” tab, then select the “Incentive Programs” sub-tab.



2. **To log self-reported activities, you must follow these 4 steps:**
 - a. Ensure that the correct school year is selected in the top drop down box.
 - b. Click on the name of the activity that was completed.
 - c. A pop up box will show on the screen for the selected activity. Enter the date that the activity was completed and any applicable description if there's a text box.
 - d. Click the "Ok" button at the bottom of the pop up box.

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Incentive: Cancer Screening(s)

Date Activity Completed: 

Activity Description:

Log-in User Name and Password Instructions

If you have forgotten your user name or password and cannot locate your welcome letter from Marathon Health, go to the Marathon eHealth Portal log-in page at www.marathon-health.com/MyPhr and click on the appropriate link. See example below:



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 - 2018 Marathon Health (5.4.0.0 on 2)

If you need additional assistance, contact the Marathon Health Customer Support Line at 1-888-490-6077, Monday – Friday from 8am – 8pm EST.