

Have you scheduled your biometric screening?

To receive your premium discount for the 2026 benefit year, employees and spouses on the health plan need to complete a biometric screening with Marathon Health or submit an External Provider Form found on the Marathon Health portal by August 31, 2025.

Did you know you can also transfer your prescriptions and pay little to no cost for common medications like blood pressure, diabetes, and asthma?

Call Marathon Health Hiaoks to transfer at 804-538-1698.



To schedule, visit
my.marathon.health



Biometric screenings can also be completed during an annual physical to understand your overall health:



Height & weight

a calculation of BMI and body fat percentage



Blood pressure

prevent and identify hypertension



Cholesterol

how much fat is in your blood



A1c

how much sugar is in your blood



Schedule an appointment

Call 888-830-6538
or visit my.marathon.health



P.O. Box 1433
Portsmouth, NH 03802

Marathon Health complies with all HIPAA regulations. No employee personal health information is shared with your employer.

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