

# Our services: In-person and virtual care

Marathon Health is your complete health partner, covering up to 90% of your health and wellness needs.

Primary and preventive care		Immediate and sick care	
<ul style="list-style-type: none"> <li>• Annual exams and screenings</li> <li>• Blood pressure</li> <li>• Biometric screening (height, weight, blood glucose, and cholesterol)</li> <li>• Condition management (diabetes, heart disease, COPD, and more)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health support (provider assessment for mental health concerns)</li> <li>• Vaccines (flu, COVID, TDAP, and more)</li> </ul>	<ul style="list-style-type: none"> <li>• Bronchitis</li> <li>• Common cold</li> <li>• Constipation</li> <li>• Cough</li> <li>• Diarrhea</li> <li>• Eye infections</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Joint pain</li> <li>• Nausea and vomiting</li> <li>• Nosebleed</li> <li>• Sinus infections</li> <li>• Skin infections</li> <li>• Strep throat</li> </ul>
Physical Therapy		Lab services <sup>1</sup>	
<ul style="list-style-type: none"> <li>• Treatment for acute &amp; chronic injury</li> <li>• Pain management</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Assessments and Strength and Conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Basic metabolic panel</li> <li>• Blood draws and sample collection</li> <li>• Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Hemoglobin A1c</li> <li>• Pregnancy test</li> <li>• Screening for diabetes</li> <li>• Urinalysis</li> </ul>
Medications		Health coaching & condition management	
<ul style="list-style-type: none"> <li>• Over 150+ common medications are available at the health center for you to take home when you leave your appointment. Additionally, you can have medications delivered to your home at no additional cost.</li> </ul>		<ul style="list-style-type: none"> <li>• Achieving/maintaining a healthy weight</li> <li>• Quitting tobacco/nicotine</li> <li>• Diabetes prevention or management</li> <li>• High blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• High cholesterol</li> <li>• Diet and nutrition</li> <li>• Physical activity</li> <li>• Sleep</li> <li>• Work/life balance</li> </ul>
Mental health counseling			
<ul style="list-style-type: none"> <li>• Anxiety, excessive worries</li> <li>• Depressed mood, sadness</li> <li>• Disordered eating</li> <li>• Grief</li> <li>• Substance abuse (alcohol, drugs)</li> </ul>		<ul style="list-style-type: none"> <li>• Relationship concerns (individual, and couples therapy)</li> <li>• Stress, anger</li> <li>• Post-traumatic stress</li> </ul>	
		<p><b>Suicide &amp; crisis lifeline:</b> call or text 988</p> <p><b>Crisis text line:</b> text the phrase HOME to 741741</p>	



**Schedule an appointment**  
Call (920) 727-7599  
or visit [my.marathon.health](https://my.marathon.health)



1. Additional lab tests can also be drawn and sent to an outside lab for processing.  
The care you receive by Marathon Health is confidential and protected by state and federal law.