








Ways to save money and get the medical care you need, when you need it:

ALL Benefit Eligible Employees are eligible to participate in and receive a wellness credit of \$40/month added to your paycheck if you complete the Annual Wellness Assistance Program regardless of whether you participate in the District's UHC medical cover plan or not for FREE! Spouses covered by the District's UHC medical plan are also able to participate in the Annual Wellness Assessment Program and the employee will earn an "Additional" \$30/month wellness credit (total of \$70).

Employees, with the District's UHC medical plan, are encouraged to review care options as it relates where to go for care. To maximize your medical care benefits most efficiently, (saving both you and the plan \$\$), we have developed the chart below to explain where to go when you need care. Always call 911 or go the Emergency Room if you have a life-threatening condition.

Care Options	START HERE				
	 Marathon Health Care for all Benefit Eligible Employees.	 PCP Care from the doctor who knows you best.	 Virtual Visit See a doctor whenever, wherever.	 Urgent Care Serious conditions that aren't life-threatening.	 Emergency Room Life- and limb-threatening emergencies.
Average Cost*	Free - \$25	Varies by plan type	\$49 -59 co-pay	\$180	\$2,100
Hours	M & W- 6am-5pm T & Th- 6am-7pm Fri- 6am-12pm Sat- 8am-12pm	Varies by location	24/7	Varies by location- May be open nights/weekends	24/7
How to Connect	(850) 444-3400 Marathon Health App www.marathon-health.com/myphr	Contact your PCP or myuhc.com	myuhc.com/virtual-visits or UHC app	Visit myuhc.com of UHC App for locations and costs	myuhc.com or UHC App or visit an ER for information
✓ indicates the recommended place for care for the following common conditions:					
Broken bone				✓	✓
Chest pain					✓
Cough	✓	✓	✓		
Fever	✓	✓	✓		
Muscle strain	✓	✓			
Pinkeye	✓	✓	✓		
Shortness of breath					✓
Sinus problems	✓	✓	✓		
Sore throat	✓	✓	✓		
Sprain	✓	✓		✓	
Urinary tract infection	✓	✓	✓		



Need to find a UHC network provider or network virtual visit provider? Go to myuhc.com or call the number on the back of your insurance card.

Not sure where to go for care? Download the United Healthcare App from your smart phone and open up access to all network information and care including virtual visit providers.



Benefit Provider Summary

Care Options



Marathon Health

Care for all
Benefit Eligible
Employees.



PCP

Care from the
doctor who
knows you best.



Virtual Visit

See a doctor
whenever,
wherever.



Urgent Care

Serious
conditions that
aren't
life-threatening.



Emergency Room

Life- and limb-
threatening
emergencies.

Benefit Details

All Services you traditionally receive at a primary care provider can be provided at Marathon Health for no employee cost (in an HRA plan) or a small \$25 co-pay for those employees in the HSA plan or another medical insurance plan. You can usually be seen the same day, or at least by the 2nd day. The Medical Center is open as early as 6:00 a.m. for lab work and 8:00 a.m. for acute care visits

Your primary care provider is always a cost-effective source for medical care where you pay a co-pay and/or coinsurance, but you may have to wait several days to get an appointment.

Employee with UHC can see a doctor whenever and wherever (24/7) ...you just need to have a smart phone or other device with a camera. There are great when you don't feel like getting out and for evenings, nights, and weekends when most others are closed. The cost share averages are just \$49-59 for the visit, so virtual visits are the quickest way to obtain care.

Employees can be seen for more urgent care usually with walk-in visits and evening and weekend appointment. The out-of-pocket cost here is more than Marathon, PCP and a Virtual Visit appointment, but a great option to avoid the emergency room, unless you have a life threatening condition, which you should call 911, or visit the ER. Usually a co-pay and coinsurance are involved in an urgent care visit.

Usually long waits and high cost, so this is the least efficient way (from cost perspective) to receive medical care unless a life-threatening condition exists. Cost can be several hundred to thousands of dollars depending on the nature of the condition.