

# 2025 WELLNESS BOOKLET



**LEXINGTON**



**Marathon**  
Health™

**ON-SITE<sup>Rx</sup>**

**January 1, 2025 through December 31, 2025**

The contents of this booklet are intended for general information purposes only. It is not to be relied upon as a summary plan description or for the determination of any policy benefits, limitations, or exclusions. The master insurance policies issued by the respective carriers will be relied upon exclusively to determine all benefits.



**LEXINGTON**



Lexington-Fayette Urban County Government (LFUCG) is pleased to partner with Marathon Health and On-Site Rx to offer healthcare services to our employees and their families at the Samuel Brown Health Center (SBHC). SBHC is a little to no cost alternative to accessing services elsewhere. The Center is staffed by full-time clinical staff including a physician/medical director, nurse practitioners, physician associates and a mental health counselor. We hope you and your family enjoy this unique and valuable benefit!

## About Your Health Center

The care team at **Samuel Brown Health Center (SBHC)** cares about your wellbeing. That's why we allow you to spend as much time as you need with your provider. With our app and online patient portal, you have 24/7 access to manage your care including messaging your provider, requesting refills, and more! And the best part? Care is available to you at little to no cost!

### Meet Your Providers



**Dr. Michael Huang**  
Medical Director



**Kim Franklin**  
Physician Associate



**Judy Cleary**  
Physician Associate



**Dianne Lyvers**  
Nurse Practitioner



**Jennifer Bond**  
Nurse Practitioner



**Felisha Burns**  
Mental Health Counselor

### Samuel Brown Health Center (SBHC)

125 Lisle Avenue Suite 250  
Lexington, KY 40511  
859-788-3656

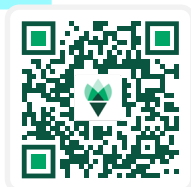
#### Hours:

**Sunday:** CLOSED

**MWF:** 8 am - 5 pm

**Tues/Thurs:** 7 am - 6 pm

**Saturday:** 8 am - 12 pm



#### Schedule an Appointment!

Scan the QR Code

Call: 859-788-3656

OR

visit [my.marathon-health.com](http://my.marathon-health.com)

# Getting Started with Marathon Health

The Marathon Health patient portal and mobile app are powerful tools to help you conveniently manage your healthcare needs. This guide walks you through the process of creating your account and exploring all features.

## Step 1

### Web-based patient portal

- Visit [my.marathon-health.com](http://my.marathon-health.com)
- Click “New? Register Now”
- Proceed to step 2

## OR

### Mobile App

Follow these steps to download from Apple App or Google Play store:

- Search for Marathon Health in search bar
- Locate the Marathon Health app and tap on it
- Press the download or install button to begin installing the app
- Once the app is successfully downloaded and installed, you’ll find the icon on your home screen
- Proceed to step 2

## Step 2

### Enter the following information to create your secure online account:

- First and Last name
- Email Address
- Social Security Number (Not required but will improve the account creation process)
- Date of Birth
- Home Address
- Phone Number
- Client Name
- Once complete, you will receive a confirmation email to complete the registration and log in to schedule your first appointment.

## Key Features

- **Appointment Scheduling:** Book appointment with your provider
- **Video Visits:** Start your secure video visit
- **Messaging:** Communicate with your healthcare team
- **Prescriptions:** Manage your prescriptions and request refills
- **Health Records:** Connect your health apps to track your progress
- **Incentives:** Earn rewards by prioritizing your health



# Our Services

## In-person and Virtual care

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

### Primary and Preventive Care

- Annual exams and preventive screenings
- Blood pressure screening
- Biometric screening (height, weight, blood glucose, and cholesterol)
- Condition management (diabetes, heart disease, COPD, and more)
- Mental health support (provider assessment for mental health concerns)
- Vaccines (Flu and TDAP)

### Immediate & Sick Care

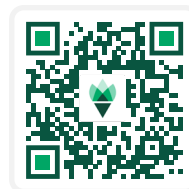
- Bronchitis
- Common cold and cough
- Constipation
- Diarrhea
- Eye infections
- Headache
- Joint pain
- Nausea and vomiting
- Nosebleed
- Sinus infections
- Skin infections
- Strep throat

### Family Care (ages 2+)

- School and sports physicals
- Minor injuries (cuts, scrapes, and minor burns)
- Sick care (fever, flu, vomiting, pink eye, cough, and more)

### Lab Services

- Basic metabolic panel
- Blood draws and sample collection
- Cholesterol
- Hemoglobin A1C
- Pregnancy test
- Screening for diabetes
- Urinalysis
- Additional lab tests can also be drawn and sent to an outside lab for processing



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**LEXINGTON**

# New for 2025! SBHC Incentive and Rewards Program!

Last year, nearly 1,300 adult members of the LFUCG Health Plan “Engaged” at the Samuel Brown Health Center (SBHC). Engaged is simply having 2 or more visits within a 12-month time frame. The claims data demonstrates that plan members incur \$1,244 less in claims than others who are not Engaged. Plan members being treated for asthma, depression, CAD, CKD, COPD, diabetes and hypertension have even greater claims reduction when Engaged at SBHC vs. those who are not Engaged. While all plan members benefit from the savings, LFUCG has made the decision to reward those plan members who Engage and incentivize others to do the same!

## Visit #1: Understanding Your Health

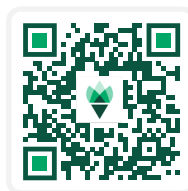
- During your first visit, you will complete the following activities:
  - **Biometric Screening:** Complete with Marathon Health or bring in results from a recent physical performed within three months of your visit.
  - **Health Risk Assessment:** Complete in the Questionnaires tab of the Marathon Health Portal prior to your visit.
  - **Comprehensive Health Review:** Review all results with a Marathon Health clinician during your first visit. (Police & Fire Annual Physical Counts as the first visit, but you must also complete the Health Risk Assessment)

## Visit #2: One of the Options Below May Satisfy the Second Visit Requirement at SBHC:

- Schedule and complete a Mental Health Visit
- Schedule and complete a Follow-Up Appointment, it may be completed virtually, over the phone or in-person.
- Participate in 1:1 Health Coaching for needs such as:
  - Weight Loss
  - Diabetes Management
  - Increasing Physical Activity

### Wellness Incentive and Rewards Program Overview:

- **Who:** Active employees covered under the LFUCG health plan
- **How:** Complete two Samuel Brown Health Center visits as described in visits #1 and #2
- **When:** Complete your incentive activities between January 1, 2025, and December 31, 2025.
- **Incentive Reward:** Earn a bonus \$100 HSA or FSA contribution once you have achieved Engaged Status
- Annual HSA and FSA contribution limit rules apply, so amounts may be carried forward into the following plan year, if necessary.



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OR visit [my.marathon-health.com](https://my.marathon-health.com)

Your privacy is important to us! Samuel Brown Health Center (SBHC) does not share your Protected Health Information (PHI) with your employer for any purpose.



**Marathon**  
Health™

# City Employee Pharmacy

## POWERED BY ON-SITE RX

Accessible to all employees and their dependents enrolled in LFUCG health insurance, coverage includes 30 and 90-day prescriptions, as well as most specialized medications. Deliveries are made every Thursday to both the Lexington-Fayette Urban County Government Center (12PM – 1PM) and the Corrections Center (3:30PM– 4:30PM).

Please call the pharmacy to inquire about these additional services!

**Location:** City Employee Pharmacy, 125 Lisle Industrial Ave, Ste 260

**Phone Number:** 859-367-4990

**Fax Number:** 888-905-5358

**Pharmacy Hours:** Monday – Thursday: 8:30AM to 6PM  
 Friday: 8:30AM to 4PM  
 Saturday: 8:30AM – 12PM  
 (closed for lunch daily from 1:30PM – 2PM)



**David Dickerson**  
 PharmD, Pharmacy  
 Manager



### Top Medications Price List 90-day Supply\*

Drug Name	Price
Amlodipine 5mg	\$.63
Amlodipine 10mg	\$.93
Atorvastatin 20mg	\$2.73
Atorvastatin 40mg	\$3.03
Lisinopril 10mg	\$1.59
Lisinopril 20mg	\$2.37
Lisinopril 40mg	\$2.65
Losartan 25mg	\$1.50
Losartan 50mg	\$2.60
Losartan 100mg	\$3.53
Omeprazole 20mg	\$1.59
Omeprazole 40mg	\$3.48
Sertraline 50mg	\$2.24

Generic Flonase - \$7.17 a bottle (1 month)  
 Generic Zrytec - \$1.69 per 90-day

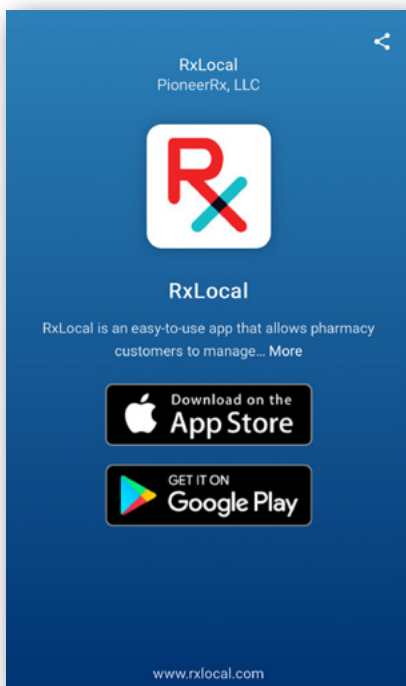
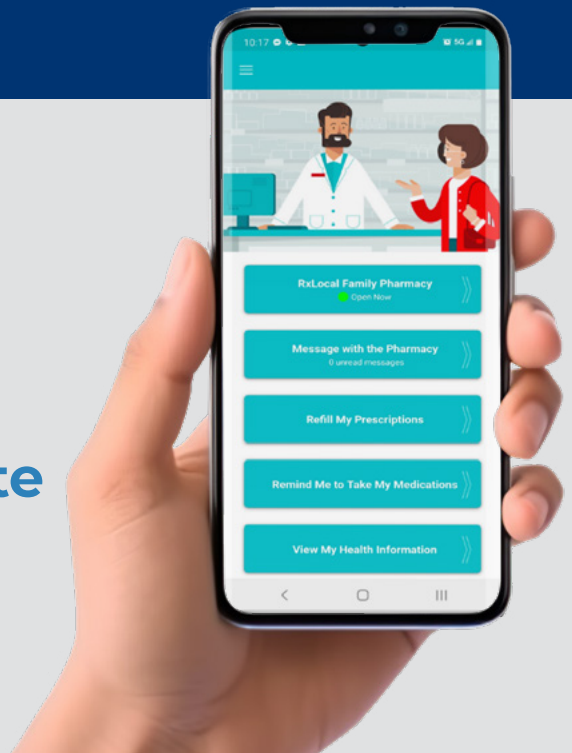
\*For patients on the HSA plan ONLY. Patients with the PPO plan will have \$3 or \$6 copays for generics, unless the price is less, then they would pay the least expensive price. Prices may fluctuate depending on availability, but we strive to order the most cost-effective medications. Over the counter medication and pharmacy items sold at wholesale.





# LEXINGTON

A NEW pharmacy app is available for Lexington-Fayette Urban County Government health plan members.




The RxLocal Mobile app provides a convenient way to stay connected to the City Employee Pharmacy.

- + **Message directly and privately with your pharmacist in-app**
- + **Manage all of your family's medications at once**
- + **Request refills and set medication reminders**
- + **Access online digital medication guides**

**ANY QUESTIONS? PLEASE CALL THE PHARMACY BELOW!**

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 **859-367-4990**

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(closed for lunch 1:30 - 2PM) Saturday, 8:30AM - 12PM



Scan to download

