



# Our services: In-person and virtual care

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

<p><b>Primary and preventive care</b></p> <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> <li>• Mental health support (provider assessment for mental health concerns)</li> <li>• Vaccines (flu, COVID, TDAP, and more)</li> </ul>	<p><b>Immediate and sick care</b></p> <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> <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>
<p><b>Family care</b></p> <ul style="list-style-type: none"> <li>• School and sports physicals</li> <li>• Minor injuries (cuts, scrapes, and minor burns)</li> <li>• Sick care (fever, flu, vomiting, pink eye, cough, and more)</li> </ul>	<p><b>Lab services<sup>1</sup></b></p> <ul style="list-style-type: none"> <li>• Basic metabolic panel</li> <li>• Blood draws and sample collection</li> <li>• Cholesterol</li> <li>• Hemoglobin A1c</li> <li>• Pregnancy test</li> <li>• Screening for diabetes</li> <li>• Urinalysis</li> </ul>
<p><b>Mental health counseling</b></p> <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> <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>	<p><b>Health coaching &amp; condition management</b></p> <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> <li>• High cholesterol</li> <li>• Diet and nutrition</li> <li>• Physical activity</li> <li>• Sleep</li> <li>• Work/life balance</li> </ul>



**Schedule an appointment**  
Call 262-214-1101  
or visit [my.marathon.health](https://my.marathon.health)



**ELMBROOK SCHOOLS**  
**FAMILY WELLNESS CENTER**

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.