



# Comprehensive Health Review



## You're in the driver's seat

Understanding your health is an important step toward living a healthier life. Your **Comprehensive Health Review** is an in-depth review of your health and your first opportunity to create a personal health plan with your Marathon Health provider.

We take the time to listen and get to the root cause of your health concerns. Our goal is to help you take the next step toward better health by understanding what inspires you and what's holding you back.

### What should I expect?

At your appointment, we will review the results of your **Biometric Screening** and **Health History and Risk Assessment**. The information from these two assessments help guide our conversations about your health. Together we can identify any problem areas and make plans to maintain or improve your health. We'll partner with you to develop a plan that suits your lifestyle by setting realistic, achievable goals for better health.

“My Marathon Health center was very helpful. I thought I was healthy, but I had Type 2 Diabetes, hypertension, and hyperlipidemia. They helped me change my lifestyle and improve my health.”

- Gregorio

To schedule an appointment, please visit [my.marathon-health.com](https://my.marathon-health.com) or call your health center.

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For life.