

Instructions for How to Self-Report the Wellness Activities & Check for Wellness Points

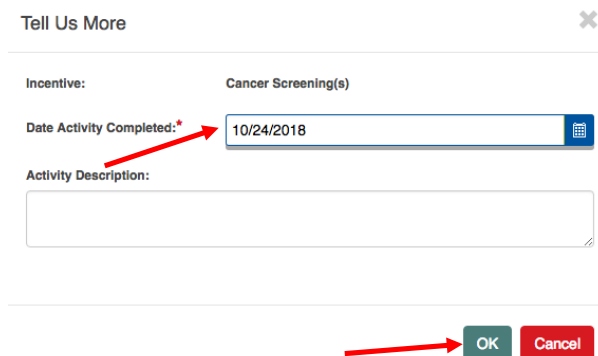
You will manage your wellness activities, log self-reported completions and be able to participate in additional activities at www.marathon-health.com/MyPhr, your personal hub for all wellness program tracking tools and resources.

To self-report wellness activities:

1. After logging in to the website, select the “Wellness” tab, then select the “Incentive Programs” sub-tab.



2. **To log self-reported activities, you must follow these 4 steps:**
 - a. Ensure that the correct school year is selected in the top drop down box.
 - b. Click on the name of the activity that was completed.
 - c. A pop up box will show on the screen for the selected activity. Enter the date that the activity was completed and any applicable description if there's a text box.
 - d. Click the "Ok" button at the bottom of the pop up box.



Log-in User Name and Password Instructions

If you have forgotten your user name or password and cannot locate your welcome letter from Marathon Health, go to the Marathon eHealth Portal log-in page at www.marathon-health.com/MyPhr and click on the appropriate link. See example below:

Welcome
to the Marathon eHealth Portal
Log in and explore

On the Marathon eHealth portal, you can:

- Make appointments
- Send messages to your providers
- Complete your health questionnaires
- Track your health status and results
- Be active in your own health and healthcare

The Marathon eHealth Portal is a secure and convenient tool to help you be active in your health. If you are experiencing a medical emergency, call 9-1-1.

Log In

Username*

Password*

LOG IN

[Forgot Password or Username?](#)

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If you need additional assistance, contact the Marathon Health Customer Support Line at 1-888-490-6077, Monday – Friday from 8am – 8pm EST.