

SJCSD Wellbeing: HRA & Biometric Screening

Two simple steps. Two years of savings.



Program Dates: January 1 - November 15, 2026

Your health matters – and so does your wallet. By completing the two-step Health Risk Assessment (HRA) & Biometric Screening Program, you can avoid a surcharge and **unlock savings** that last for two full years.

Here's how it works:

Login into your own Marathon Health account at my.marathon.health (Spouses have separate account/login)

Step 1: Complete your online Health Risk Assessment (HRA) through the Marathon Health portal.

Step 2: Attend a quick, non-fasting biometric screening at one of our Wellness Centers: O'Connell Wellness Center, Nease Wellness Center, or Pedro Menendez Wellness Center.

All results are private, confidential, and not shared with St. Johns County School District.

Scan the QR code for the Marathon Health HRA Portal Guide:



Why participate?

Save \$10 per pay period for up to two years—just by completing both steps.

Empower your health journey with personalized insights and support.

Keep your benefits costs low while staying informed about your wellness.

Who's eligible? All employees and spouses enrolled in the medical plan, as well as retirees and their covered spouses (under age 65).

Participation Timeline: The participation year is based on the employee subscriber's birth year. Employees born in an **EVEN year** (e.g., 1968) must complete both steps by **November 15, 2026** to save money, avoiding the two-year surcharge that would start **January 2027**.

- Spouses on the plan will follow the employee's birth year.
- *Enrolled-dependent children, regardless of age, don't participate.*
- If enrolled in "FAMILY WITH 2" coverage, both parties follow the **HUSBAND'S** birth year.
- Same-sex "FAMILY WITH 2" covered employees follow the earlier **birth month**. For example, if one birth month is July 1967, and other birth month is February 1970, both follow the **birth year** of the person born in February (EVEN year, in this example).
- Employees newly enrolled to medical, or hired, **after** June 1, 2026, are NOT expected to participate (nor are their spouses), even if born in an EVEN year. Those will wait until the next even year (in this case, 2028).

Still have questions? Email sjcswellness@marathon.health

Save \$190 to \$380 per year!

- Surcharge assessed per pay period for 2 years, effective January 1, 2027, through December 31, 2028:
 - SINGLE COVERAGE (Employee-only participation): \$10 surcharge per pay period
 - FAMILY COVERAGE (Employee & Spouse participation): \$10 OR \$20 surcharge per pay period
 - \$10 if one completes but the other does not, OR \$20 if neither completes the program

Exemptions: We understand that life happens. If you're facing extenuating circumstances, you may request an exemption by submitting a form before the deadline.

Exemptions for the HRA & Biometric Screening Program will be considered on a case-by-case basis for extreme circumstances. Requests need to be submitted via the current SJCSD HRA & Screening Exemption Request Link; provided here:

<https://survey.alchemer.com/s3/8462448/SJCSD-2026-HRA-Screening-Exemption-Request>

Requests must be received by **November 1, 2026**. If you have previously submitted an exemption request in past years, exemptions do not carry over, so you will need to submit a new request this year, if applicable.