

## Welcome to the SJCSO On-Site Wellness Centers!

*It is voluntary and private. Your medical information will not be shared with the St. Johns County School District. The Wellness Centers serve you in several ways that help lower your cost and improve health.*

### Why Should I Utilize the SJCSO On-Site Wellness Centers?

- No deductible to meet, no copay for doctor visits, no charge for top-utilized generic and some brand-name prescriptions.
- Available services include acute, primary and chronic care, wellness and prevention, majority of top-utilized generic drugs and some brand-name drugs, lab work, x-rays (Nease and Pedro Menendez) and free health risk assessments.
- All services will be provided to employees, dependents age 12 and older, and retirees covered under the St. Johns County School District Self-Funded Medical Plan.
- Dedicated standard appointment times will be set to help minimize waiting time. You may use the Wellness Centers for acute services or make it your regular medical provider.



#### **Andrew Neal    Family Nurse Practitioner**

Andrew has over 20 years of experience providing quality patient care for all ages. He received his Bachelor of Science in Nursing from East Tennessee State University in 1995 and his Masters of Science from Western Carolina University in 2009. Andrew most recently worked in family and pediatric medicine and has experience working in internal medicine, intensive care, emergency, and Medevac flight services. He is excited to join Marathon Health because of his passion to help patients lead healthier lives and is looking forward to spending quality time getting to know St. Johns County School District employees and their families.

Outside of work, Andrew enjoys camping, hiking, traveling and spending time with family.



#### **Alicia Carmine    Medical Assistant**

Alicia has been a medical assistant since 2011. Her recent experience includes working in renal and oncology units, as well as front and back office laboratories. Alicia has certifications as a phlebotomist, nursing assistant and patient care technician. She is very excited to get started working with and getting to know St. Johns employees and their families.

In her free time, Alicia enjoys reading on the beach, offshore fishing, traveling, camping and spending time with her husband and son.

## Practitioners at All SJCSO Wellness Centers

## **eHealth Portal**

Catch up on the latest health info and news on the portal homepage. This content is updated frequently and focuses on common questions and topics that are relevant to the season or current events.

Click on the Appointment tab to set up an appointment at the onsite health center. A scheduling guide will help you select the appropriate appointment type.

Explore the tools and trackers in the Wellness tab. Here you will find cardio, weight, food, and exercise logs, healthy recipes, exercise demonstration videos, calorie counts from your favorite restaurants, and more.

Check your Messages tab for appointment reminders or answers to questions you may have sent to your health coach.

### **Who Completes the HRA (Health Risk Assessment)?**

**The Health Risk Assessment Program (HRA)** is a biometric screening, health history and Risk Assessment (HHRA), which takes place at one of the three Marathon Wellness Centers. The HRA Program is required to be completed at one of the three health center locations ONLY: O'Connell Wellness Center, Nease Wellness Center, or Pedro Menendez Wellness Center. HRA results are private, confidential, and are not shared with St. Johns County School District. You can download your lab results online and take them to your own physician if you choose.

#### **HRA Requirements January 1 through November 15**

- Employees born in an ODD year and covered under the medical plan are required to complete the HRA during ODD years (e.g., 1963).
- Employees born in an EVEN year and covered under the medical plan are required to complete the HRA during EVEN years (e.g., 1964).
- Spouse of an employee covered under the medical plan is required to complete HRA by following employee's birth year, regardless of the spouse's birth year.
- This does not apply to enrolled dependent children regardless of age.
- \$10 surcharge per pay period will be assessed for two years if either employee or spouse covered under the medical plan does not complete HRA in the given year.
- Retirees and spouses under age 65 covered under the Medical Plan are required to participate. Spouses will follow the covered employee/retiree DOB for completion of requirements.

## **HRA (Health Risk Assessment)**



## **Monique Jefferson      Physician**

Monique is a family medicine physician who has been working in healthcare for several years. She graduated from Florida State Medical School in Tallahassee, FL in 2011 and went on to graduate from residency at St. Vincent's Family Medicine Program in 2014 in Jacksonville, FL. She has enjoyed working as a family physician to a wide range of patients, from newborns to the elderly, with a large focus on Women's Health and Preventative Medicine. She is excited to continue focusing on prevention while working with the SJCS D population.

In Monique's spare time, she loves to read, play tennis, play with her dogs, and volunteer at the local food bank and her church.

**Nease Wellness  
10430 Ray Road  
Ponte Vedra, FL 32081  
904-671-8329**

**Monday 8am- 5pm  
Tuesday 8am- 5pm  
Wednesday 8am – 5pm  
Thursday 10am – 7pm  
Friday 6:30am – 5pm  
Saturday 9am – 1pm**



## **Tara Jones   Radiological Technologist**

Tara is a Radiological Technologist/Medical Assistant who comes to Marathon Health after working as a temporary worker. for the last year. Tara states "Marathon had such a great work environment during my time as a temp that I jumped at the chance to join the team! Her goal now that she is full time is to get out into the community and work toward increasing outreach. Outside of work, she loves to spend time with family, camp, go to concerts and paint.

## **Laurie Fauci      Medical Assistant**



Laurie is a registered medical assistant through the American Registry of Medical Assistants and is CPR certified through the American Heart Association. She began her career in 1993 as an Emergency Medical Technician, and then advanced to EMT Intermediate in 1995. She worked as an Emergency Room Technician in a level 2 Trauma Center in upstate New York for 10 years before moving to Charlotte, NC and working as a RMA in Urology and Medicine for eight years.

In Laurie's spare time, she loves to spend time with her husband and stepson. She loves to travel, run, do Pilates, and play in senior league softball.

**Meet the Staff at Pedro Menendez Wellness Center (904) 671-8337**

**Joan Barker      Physician**



Dr. Barker is a family practice physician who has dedicated much of her career to improving quality healthcare as a primary care provider for homeless and underserved populations. She received her MD degree from University of Texas Health Science Center and BS degrees from the University of Texas - San Antonio and the University of Illinois. Dr. Barker went onto complete a family practice residency program at the Merced Community Medical Center. Dr. Barker looks forward to building relationships with the St. Johns County School District employees and their families and helping them on their journey to better health.

**O'Connell Wellness Center  
3740 International Golf Pkwy, Ste. 100  
St. Augustine, FL 32092  
904-671-8333**

**Monday 8am – 5pm  
Tuesday 8am – 5pm  
Wednesday 8am – 7pm  
Thursday 6:30am – 5pm  
Friday 8am – 5pm**

**Jennifer Humphries    Medical Assistant**



I am Jennifer from St. Augustine, Florida, where I have been a lifelong resident. I enjoy the beach and the outdoors with my husband and three daughters. I will be working at the O'Connell Wellness Center, servicing the St Johns County School District. I have been working as a medical assistant for 15 years. I enjoy helping patients. I am excited to be a part of Marathon Health due to its patient centered health and importance to try to correct the problem rather than mask it with medication.

**Kelsea Lovett      Medical Assistant**



Kelsey is a patient-focused medical assistant with experience in rehabilitation and critical care. At the Wellness Center, she can help you with scheduling appointments, accessing the Marathon eHealth Portal, and collect labs. Kelsey is excited to spend time with patients and work with her team members to provide a great experience.

In Kelsey's free time, she enjoys taking on new challenges. Her hobbies include shark tooth hunting and kayaking, and always brainstorming new ideas for healthcare!

**Meet the Staff at O'Connell Wellness Center (904) 671-8333**



**Dr. Ellen Talos    Physician**

I am a board certified Family Medicine physician who has been working in the health care field since being in undergraduate school. I completed my Family Medicine Residency at Beaumont Hospital in Grosse Pointe MI in 2009. I moved to Florida with my family in 2009 and was in private practice in Putnam County for several years. I also practiced in the Hospice and Palliative Care Field for over seven years and currently hold a certification as a Hospice Medical Director and an affiliated clinical assistant professor at the University Of Florida College Of Medicine.

I enjoy working in the role of Family Medicine and providing all-encompassing care. I am excited to join Marathon Health and provide quality primary care and prevention services to patients of all ages.

In my spare time, you can find me chasing after my two daughters and husband or working out at Orange Theory.

**Pedro Menendez Wellness Center  
580 State Road 206 W.  
St. Augustine, FL 32086  
904-671-8337**

**Monday 8am- 5pm  
Tuesday 10am – 7pm  
Wednesday 6:30am – 5pm  
Thursday 8am – 5pm  
Friday 8am – 5pm**



**Shirley Edwards    Radiological Technologist**

Shirley is registered with the American Registry of Radiologic Technologists in radiology and bone density. She has been in the medical field for over seven years. Shirley has worked in imaging centers and hospitals as an x-ray technician, and has also worked in urgent care as an x-ray technician and medical assistant.

In Shirley’s free time, she enjoys reading and going to the beach. She also enjoys watching her two boys playing football, lacrosse, and basketball.



**Lue Anne Mosley    Medical Assistant**

Lue Anne has worked in facilitating patient care for over twenty years. At Riley College, she studied to be a Patient Technician and now works as a Certified Medical Assistant. In 1994, Lue Anne began work as a Clinical Assistant at Mayo Clinic Jacksonville, where she practiced gynecology. She has medical experience in family medical, OB/GYN, and phlebotomy.

Lue Anne is one of seven siblings and has one beautiful daughter. In her spare time, she likes to cook, travel, sew and spend time with her family.



## Marathon Wellness Centers

To schedule an appointment please call the phone number listed with each Wellness Center or go online at: <https://www.marathon-health.com/MyPhr/>

New members: First log in using the secure username and password you received in the introductory mailing from Marathon Health. If you do not know your username or password, use the recovery links on the login page.