



# St. Johns County School District Wellness Centers

## What We Treat

At Marathon Health, our goal is to help you achieve your optimum health. To reach this goal, St. Johns County Schools District Wellness Center staff are licensed to diagnose, treat, and prescribe for a wide variety of common illnesses and injuries. In addition to sick care, you have access to a full range of health assessment and coaching services – all from a convenient location at work.

**St. Johns County School District Wellness Centers are open to benefit eligible employees, spouses, and dependents 12+ and retirees enrolled in the self-funded medical plan.**

The following is a representative list of services available:

### Prevention

#### Health Screenings

- Annual Exams
- Blood pressure
- Body mass index
- Cholesterol
- Glucose

#### Health Coaching

- Nutrition
- Physical activity
- Tobacco cessation
- Stress management
- Weight loss

#### Chronic Condition Coaching

- Arthritis
- Asthma
- COPD
- Depression
- Diabetes
- Heart health
- Low back pain
- Sleep apnea
- Educational offerings

### Sick Visits

- Bronchitis
- Common Cold
- Constipation
- Cough
- Diarrhea
- Eye infections
- Headache
- Joint pain
- Nausea and vomiting
- Nosebleed
- Sinus infections
- Skin infections
- Strep throat

### Lab Services

Blood work and lab tests processed at the center include hemoglobin A1C, lipid panel, glucose, rapid strep, mono, urinalysis, oxygen saturation, and pregnancy. Additional lab tests can also be drawn and sent to an outside lab for processing.

### Center Information

#### Nease Wellness Center

10430 Ray Road  
Ponte Vedra, FL 32081  
**(904) 671-8329**

#### Pedro Menendez Wellness Center

580 State Road 206 W  
St. Augustine, FL 32086  
**(904) 671-8337**

#### O'Connell Wellness Center

3740 International Golf Parkway, Ste. 100  
St. Augustine, FL 32092  
**(904) 671-8333**

[my.marathon-health.com](http://my.marathon-health.com)



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*health*  
For life.