### **Incentive Portal Guide**



### **Track Your Incentive**

#### Log in to the Marathon Health Portal

You can log in to the Portal at **my.marathon-health.com** from any computer or mobile device that has access to the internet. If you need assistance with your username and/or password, please click the "New?" or "Forgot Password?" links below the "Sign In" button.

Marathon Health. Health Works Hee	
	Sign In
Welcome!	Usename or Errol * Enter your oseiname or email
Use the Marathon Health Portal to: • Scheduls appeintments online • View health center locations and hours	Passod* Enter your password I I SHOW
Request prescription refrils     Access your medical records and forms     Learn about services available, & more!	Sign In New? Projecter New? Forget Password?
Access is included a single employees and family employees it gaving accessions: Italiane parameter with Maratson Health	Need help? Connect us at (M6)434-3255

#### **View Your Program**

Click the "View Incentives" button on the homepage to see your activities and track your progress towards your Incentive rewards.

My Incentiv	es Status	View Incentives
	2024 SJCSD HRA Program	0 )
	My progress: 0 Points	
	(	
Ywy	0	2
◈ॾॕॳ	Time remaining: 330 days	
	Ends: 12/11/2024	16/346 days

#### **Complete Your Activities**

For additional information on each activity, click on a specific activity under the goals section. To schedule an appointment, click the "Schedule an Appointment" button in the portal.

<b>My Status</b> 0/2 Points	Incentive Program Goals	i Goal Status Key
	Select a goal below to learn more about how to complete the activity and earn towards yo program.	our incentive
	Complete Your Biometric Screenings At One Of The Marathon Health Wellness Centers	1 Point >
UT OWNED	Complete The Health Risk Assessment	1 Point >

## Navigating Incentives in the App





#### Logging in to the App

Marathon Health.		
Jsernar	ne or Email	
Enter	username or email	
<b>Passwo</b> Ente	nd n password	
	Sign In	
	Forgot Password?	
_	Connect Account	

Download the App and log in using your Marathon Health credentials. If you need assistance with your username and/or password, please click the "Forgot Password?" or "Contact customer service" links.

#### **Access Your Incentives**



When logging in to the Marathon Health App, "My Incentives" will be located on the home page. Once you select the "My Status" box, it will open the Incentives tab.

#### **Complete your Activities**



In the Incentives tab, your status, program, and incentive activities are listed. If you select the green portion – Health Risk Assessment or purple portion – Biometric Screening, the dates of completion are listed, if completed.

#### **Complete the Health Risk Assessment**



Responses to this questionnaire can be used to begin or expand your personal online medical record that will help structure regular health checkups at your Marathon Health Center.

Within each section you may choose to save your answers and finish the questionnaire later. The questionnaire will not be submitted until you have completed every section and on the last page you choose to send to Health Records.

Begin questionnaire

Click on the Health Risk Assessment tab on the Marathon Health App homepage or in the Incentives tab. Once your Health Risk Assessment has been completed, points will automatically show as pending and will confirm within 24-48 hours.

#### **Complete a Biometric Screening**



Complete a Biometric Screening with Marathon Health. Schedule right through the App or by calling the wellness center. Once your screening has been completed, points will reflect in your program within 7 days.

#### **Confirm Completion of Your Activities**



Once your activities have been completed, they will be marked as completed at the bottom of the screen.

# **Connecting Devices in the App**





#### **Adding Your Device**



My Account

🔗 Health Risk Assessm

Connect a device

You can connect your wearable device in the Incentives tab by clicking on the "Add Device" button or by clicking on the more tab at the bottom of the home screen and choosing the "Connect a device" option.

(i) Cr st ch au	onnecting your device will see eps, sleep) to our portal. Ince tallenges that you are enrolle rtomatically be updated.	nd data (i.e. entives and d in will
•	Fitbit Tracker Not connected	+
C	Garmin Connect Not connected	+
<b>?</b>	Google Fit Not connected	(+)

View your incentive program in our portal

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**Choose Your Device** 

Choose the device/app you wish to connect by clicking on the + button.

If you have an App for your wearable device, you will be asked to agree to share data to sync your device.

If you do not have an App for your wearable device, you will be prompted to log in to your account using your wearable device username and password information.

#### **Tracking Your Progress**

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To view data synced from your wearable device or app, click on the "View your incentive program in our portal" button to be redirected to the mobile optimized portal. This will redirect you to the mobile optimized version of the portal. Expand the navigation menu selection on the left and select the "MyHealth" tab in the menu. Choose "Wellness Logs" and click on the data you would like to view.





