



Ways to save money and get the medical care you need, when you need it:

ALL Benefit Eligible Employees are eligible to participate in and receive a wellness credit of \$35/month added to your paycheck if you complete the Annual Wellness Assistance Program regardless of whether you participate in the District's UHC medical cover plan or not for FREE! Spouses covered by the District's UHC medical plan are also able to participate in the Annual Wellness Assessment Program and earn an "Additional" \$25/month wellness credit.

Employees, with the District's UHC medical plan, are encouraged to review care options as it relates where to go for care. To maximize your medical care benefits most efficiently, (saving both you and the plan \$\$), we have developed the chart below to explain where to go when you need care. Always call 911 or go the Emergency Room if you have a life-threatening condition.

Care Options	START HERE				
	Marathon Health	PCP	Virtual Visit	Urgent Care	Emergency Room
	Care for all Benefit Eligible Employees.	Care from the doctor who knows you best.	See a doctor whenever, wherever.	Serious conditions that aren't life-threatening.	Life- and limb-threatening emergencies.
Average Cost*	Free - \$25	Varies by plan type	\$49 co-pay	\$180	\$2,100
Hours	M & W- 6am-5pm T & Th- 6am-7pm Fri- 6am-12pm Sat- 8am-12pm	Varies by location	24/7	Varies by location- May be open nights/weekends	24/7
How to Connect	(850) 444-3400 Marathon Health App www.marathon-health.com/myphr	Contact your PCP or myuhc.com	myuhc.com/virtual visits	Visit myuhc.com for locations and costs	myuhc.com or visit an ER for my information

✓ indicates the recommended place for care for the following common conditions:

Broken bone				✓	✓
Chest pain					✓
Cough	✓	✓	✓		
Fever	✓	✓	✓		
Muscle strain	✓	✓			
Pinkeye	✓	✓	✓		
Shortness of breath					✓
Sinus problems	✓	✓	✓		
Sore throat	✓	✓	✓		
Sprain	✓	✓		✓	
Urinary tract infection	✓	✓	✓		



Need to find a UHC network provider or network virtual visit provider? Go to myuhc.com or call the number on the back of your insurance card.

Not sure where to go for care? Download the United Healthcare App from your smart phone and open up access to all network information and care including virtual visit providers.



Benefit Provider Summary

Care Options

Benefit Details



Marathon Health

Care for all Benefit Eligible Employees.

All Services you traditionally receive at a primary care provider can be provided at Marathon Health for no employee cost (in an HRA plan) or a small \$25 co-pay for those employees in the HSA plan or another medical insurance plan. You can usually be seen the same day, or at least by the 2nd day. The Medical Center is open as early as 6:00 a.m. for lab work and 8:00 a.m. for acute care visits



PCP

Care from the doctor who knows you best.

Your primary care provider is always a cost-effective source for medical care where you pay a co-pay and/or coinsurance, but you may have to wait several days to get an appointment.



Virtual Visit

See a doctor whenever, wherever.

Employee with UHC can see a doctor whenever and wherever (24/7)...you just need to have a smart phone or other device with a camera. There are great when you don't feel like getting out and for evenings, nights, and weekends when most others are closed. The cost share averages are just \$49 for the visit, so virtual visits are the quickest way to obtain care.



Urgent Care

Serious conditions that aren't life-threatening.

Employees can be seen for more urgent care usually with walk-in visits and evening and weekend appointment. The out-of-pocket cost here is more than Marathon, PCP and a Virtual Visit appointment, but a great option to avoid the emergency room, unless you have a life threatening condition, which you should call 911, or visit the ER. Usually a co-pay and coinsurance are involved in an urgent care visit.



Emergency Room

Life- and limb-threatening emergencies.

Usually long waits and high cost, so this is the least efficient way (from cost perspective) to receive medical care unless a life-threatening condition exists. Cost can be several hundred to thousands of dollars depending on the nature of the condition.