

The City of Grand Junction partners with Marathon Health to provide a Health & Wellness Center. The Sage Health and Wellness Center provides employees and their families convenient access to primary healthcare services and mental health counseling. The Center can be your first stop for illnesses and injuries, as well as preventive care, routine physicals, health coaching, chronic condition management, and behavioral health support.

Services are available to all full-time and benefit eligible part-time employees and their dependents (ages two and older). You must be enrolled in one of the City's health plans in order to take advantage of the Sage Health & Wellness Center. If you are enrolled on the Copay plan there is no fee for visits at the Health & Wellness Center. Due to IRS regulations, if you are enrolled in the City's High Deductible Health Plan, you will pay \$25 per visit for non-preventive care.

Schedule an appointment online at my.marathon-health.com or call the center directly at **970-628-0012**.

Visit the Center:

2525 N 8th Street
Suite 102
Grand Junction, CO 81501

Health/Medical Hours

Monday: Closed
Tuesday: 8:30 a.m. - 5:00 p.m.
Wednesday: 7:00 a.m. - 3:30 p.m.
Thursday: 8:30 a.m. - 5:00 p.m.
Friday: 7:00 a.m. - 1:00 p.m.

Behavioral Health Hours

Monday: Closed
Tuesday: 7:00 a.m. - 5:30 p.m.
Wednesday: Closed
Thursday: 9:00 a.m. - 7:30 p.m.
Friday: Closed

Wellness Program

The City of Grand Junction envisions a thriving wellness culture that supports the well-being of our employees and their families. This vision is fully supported by the City Manager and Department Director team who encourage all employees to participate in the City's wellness program. The City's program offers a variety of annual wellness initiatives, challenges, activities, and classes designed to provide employees and family members with the tools and inspiration needed to achieve individual wellness goals.

Health Rewards

Earn discounts on your 2022 health insurance premiums by participating in the 2022 Wellness Incentive Program. The City provides two options to complete the program:

Option ONE: \$25 Savings Each Month by completing:

- Biometric Screening
- Health History and Risk Assessment (HHRA) **located on the Marathon Health ePortal
- Follow Up Appointment/Comprehensive Health Review (CHR) at Sage Health & Wellness or with your PCP

Option TWO: \$45 Savings Each Month by completing:

- Option ONE activities
- Biometric Screening
- Health History and Risk Assessment
- Follow Up Appointment/Comprehensive Health Review (CHR) at Sage Health & Wellness or with your PCP
- Mix and match well-being activities from the choices provided through the program to complete the requirement

The Wellness Incentive Program runs from March 1st, 2022 – November 30th, 2022. Maximum discount is \$45/month. All program requirements must be completed by November 30th, 2022.

Back Pain Management Program (BPMP)

Created to promote outpatient physical therapy while strengthening the overall health of your back. The BPMP provides low-cost access to select Physical Therapists who can help diagnose and treat your condition. This is a benefit in addition to any physical therapy benefits included through the City's health plans.

To start treatment contact:

SOAR Physical Therapy
2497 Power Rd. Unit 10
Grand Junction, CO 81507
970-263-4079

Olsson Physical Therapy
403 Kennedy Ave., Suite 3
Grand Junction, CO 81501
970-256-0868