



# City of Plantation Employee Health and Wellness Care Center



## Prevention

Ages 10+

### Health Screenings

- Annual Exams
- Blood Pressure
- Body Mass Index
- Cholesterol
- Glucose
- School, Camp, and Sports Physicals

### 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

Ages 10+

- 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.



## Behavioral Health

- Anxiety
- Depression
- Eating disorders
- Grief
- PTSD

## Eligibility and Cost

Employees, spouses and dependents ages 10+ are eligible for services provided by the center.

## Privacy

The care you receive by Marathon Health is confidential and protected by state and federal law.



**Marathon**  
Health.