## **HealthQuest Health Center Services**

Access care in person or virtually through **Marathon Health Anywhere** 



# **Prevention**

#### **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



- **Bronchitis**
- Common Cold
- Constipation
- Cough
- Diarrhea •
- Eye infections
- Headache

### **Chronic Condition**

- Coaching
- Arthritis
- Asthma •
- COPD •
- Depression •
- Diabetes •
- Heart health
- Low back pain •
- Sleep apnea

Joint pain

vomiting

Nosebleed

Skin infections

Strep throat

Sinus infections

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Nausea and

Educational offerings •



# 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.

### **Eligibility and Cost**

The HealthQuest Health Center is open to all active employees, spouses and dependents (age 2+) covered by State Employee Health Plan (Plans A, C, J and N). Active employees, early retirees and COBRA members are also eligible. Medicare members are not eligible to use the Health Center Preventive visits are free for all members. Medical visits and Behavioral Health visits are free for Plan A members and \$40 per visit for Plan C, J and N members.

### Location

#### **HealthOuest Health Center** by Marathon Health

901 S. Kansas Ave Topeka, KS 66612 Mon, Wed, & Fri 7am-4pm, Tues & Thurs 9am-6pm

You also have access to virtual care through Marathon Health Anywhere.

## **Schedule Today**



Scan the code, call 785-783-4080 or visit the Marathon Health portal: HealthQuest.ks.gov

- **Behavioral Health** 60
- Anxiety
- Depression
- Eating disorders
- Grief
- PTSD

- Relationship issues
- Self-image •
- Stress •
- Substance use .

