



Wellness Clinic Information (OurHealth)

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New name, new look, same extraordinary care

At OurHealth, your well-being is why we wake up in the morning. In fact, it's so important to us, we're excited to share some news with you – we have a new company name! It's Marathon Health and we like it because it describes a healthcare journey, making commitments and changes over the long haul.

Over the next few months, you'll see Marathon Health where you receive care – at your MyClinic or onsite health center, on the Patient Portal where you schedule appointments, and in emails when we send you appointment reminders and helpful tips.

While the change will be gradual, we don't want you to be surprised or confused by it. *Be on the lookout for our new logo (below).*



And remember, even though the name OurHealth has changed, we'll still be right there with you, every step of the race.

We're here when you need us

You'll see both OurHealth and Marathon Health on the [Patient Portal](#) as we update the site to the new Marathon Health brand.

[Schedule Appointment Today!](#)

OurHealth Services Overview.

Who is OurHealth?

OurHealth is an independent provider of primary care clinics. The City of Indianapolis has partnered with OurHealth to provide access to our Indianapolis MyClinic network, offering services such as primary care, illness and injury care, labs, medication dispensing and wellness services.

This means:

- Convenient access to quality healthcare
- Affordable provider visits
- Patient-centered experience

When can I start using OurHealth?

You're eligible to access OurHealth as soon as your employer benefits begin.

Who is eligible to use OurHealth?

To utilize OurHealth services you must be enrolled in the City of Indianapolis and Marion County health plan as a(n):

- Employee
- Spouse
- Dependent (ages 3+)

Adult Care

- Ages 16+
- Preventive care
- Care of colds/flu, minor injuries, rashes, etc.

Pediatric Care*

- Ages 3-15
- Minor illness and injuries: cuts, bumps, bruises, sprains
- Sports and camp physicals

Wellness Services

- Annual exams/physicals
- Health coaching
- Tobacco cessation
- Diabetes management
- Biometric screening

Medications

- 150+ common medications dispensed onsite or delivered to your home

General Labs

- Onsite general blood and urine labs
- Outside lab orders allowed from other providers

Online Tools

- Schedule appointments online
- Access lab test results
- Find clinic locations and hours
- Complete Health Risk Assessment

*OurHealth is not a pediatric practice and does not offer well checkups, routine physicals, chronic disease management, or immunizations for children under 16.

How do I register for OurHealth services?

To register your account, visit the OurHealth Patient Portal at member.ourhealth.org or call 317-559-2185.

OurHealth FAQs.

How is OurHealth different from other healthcare providers?

OurHealth offers a total wellness approach, focusing on preventive care. We're more than just the place to go when you're sick. OurHealth provides a patient-centered approach to healthcare, where everything is designed around you, the patient. This means:

- More time with your providers
- Wait times under 5 minutes
- Same and next-day appointments

Who are the providers for OurHealth?

All OurHealth providers are nationally certified and state-licensed. Along with physicians, OurHealth also works with nurse practitioners (NP) and physician assistants (PA) who work as part of the team to deliver improved health outcomes.

How do I schedule an appointment?

To schedule an appointment, register your account at member.ourhealth.org or call 317-559-2185.

How much does it cost?

There is no charge to visit an OurHealth Myclinic for preventive care visits, preventive medications, or general labs. Acute illness and injury visits are \$25. Acute medications cost \$4 each.

Can I bring in general labs ordered from an outside physician?

OurHealth can perform over 3,000 onsite lab tests, including lab work ordered by an outside provider or specialist. OurHealth will not review or provide the results of labs ordered by outside providers. All results of labs ordered by an outside provider will be sent directly to the ordering provider.

Can I get my prescriptions filled at OurHealth?

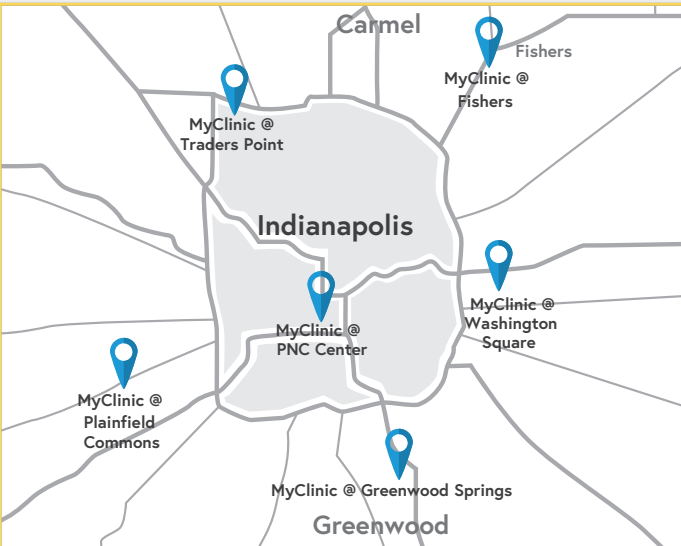
- OurHealth offers approximately 150+ medications dispensed onsite or delivered to your home.
- All chronic condition/preventive medications are provided at no charge.
- Acute medications/antibiotics are \$4 each.
- OurHealth does not provide any controlled substances such as narcotics.
- You can bring a prescription written by an outside provider to an OurHealth provider.
- OurHealth requires a consultation with a provider when filling a prescription in order to ensure complete oversight of your medical treatment.

What is the OurHealth Patient Portal?

The OurHealth Patient Portal is a "go-to" destination on your health and wellness journey. To access the portal, you will need to register for an account at member.ourhealth.org. The patient portal allows you to easily:

- Schedule an appointment
- See clinic services, hours and locations
- Check biometric results
- Review available clinic medications
- Complete Health Risk Assessment

MyClinic Locations & Hours.



Notice: MyClinic @ 96th St will officially close June 28, 2019, while we determine a future site for a new MyClinic location on the Northside of Indianapolis. MyClinic @ 96th St. providers and clinic staff will be moving to MyClinic @ Fishers on July 1, located in the Meyer Najem building at 11787 Lantern Rd, Suite 200, Fishers, Indiana, 46038.

You can visit any of the other MyClinic locations without disruption – OurHealth providers can access your medical records from any MyClinic location.

To register your account, visit member.ourhealth.org or contact OurHealth's Member Relations Team at **317-559-2185**

MyClinic @ Fishers

Mon - Fri: 8AM - 5PM
11787 Lantern Rd., Ste 200
Fishers, IN 46038

MyClinic @ Greenwood Springs

Mon - Th: 8AM - 7PM
Fri: 8AM - 5PM
1273 N. Emerson Ave., Ste H
Greenwood, IN 46143

MyClinic @ PNC

Mon - Fri: 8AM - 5PM
155 W. Washington St., Ste 155
Indianapolis, IN 46204

MyClinic @ Traders Point

Mon - Fri: 8AM - 5PM
Sat: 8AM - 12PM
5630 W. 86th St., Ste 150
Indianapolis, IN 46278

MyClinic @ Washington Square

Mon - Th: 8AM - 7PM
Fri: 8AM - 5PM
Sat: 8AM - 12PM
9934 E. Washington St.
Indianapolis, IN 46229

MyClinic @ Plainfield Commons

Mon - Fri: 8AM - 5PM
2685 E. Main St., Ste 101
Plainfield, IN 46168



OurHealth

The below medications are available via the OurHealth clinics and/or home delivery service. Schedule a visit with an OurHealth provider to learn more.

Category	Generic Drug Name	Charge Medication?
Anti-Infectives - Antiviral	ACYCLOVIR	
Respiratory - Asthma/COPD	ALBUTEROL SULFATE	
Respiratory - Asthma/COPD	ALBUTEROL SULFATE HFA	
Musculoskeletal/Rheumatology	ALENDRONATE SODIUM	
Musculoskeletal/Rheumatology	ALLOPURINOL	
Cardiovascular - HTN	AMLODIPINE BESYLATE	
Cardiovascular - HTN	AMLODIPINE/VALSARTAN	
Anti-Infectives	AMOXICILLIN	Charging
Anti-Infectives	AMOXICILLIN/POTASSIUM CLAV	Charging
Analgesics	ASPIRIN	
Cardiovascular - HTN	ATENOLOL	
Cardiovascular - HTN	ATENOLOL/CHLORTHALIDONE	
Cardiovascular - Statin	ATORVASTATIN CALCIUM	
Anti-Infectives	ATOVAQUONE/PROGUANIL HCL	
Anti-Infectives	AZITHROMYCIN	Charging
Respiratory - Allergy	BENZONATATE	Charging
Topical Agents	BETAMETHASONE DIPROPIONATE	
Endocrine - Diabetic	BLOOD SUGAR DIAGNOSTIC	
Endocrine - Diabetic	BLOOD-GLUCOSE METER	
Endocrine - Diabetic	BLOOD-GLUCOSE METER (HUMANA TRUE METRIX AIR METER)	
Central Nervous System - Mental Health	BUPROPION HCL XL	
Central Nervous System - Mental Health	BUSPIRONE HCL	
Dietary Supplements	CALCIUM CARBONATE/VITAMIN D3	
Topical Agents	CARBAMIDE PEROXIDE	Charging
Cardiovascular - HTN	CARVEDILOL	
Anti-Infectives	CEPHALEXIN	Charging
Respiratory - Allergy	CETIRIZINE HCL	Charging
Dietary Supplements	CHOLECALCIFEROL (VITAMIN D3)	
Anti-Infectives	CIPROFLOXACIN HCL	Charging
Central Nervous System - Mental Health	CITALOPRAM HYDROBROMIDE	
Anti-Infectives	CLINDAMYCIN HCL	Charging
Cardiovascular - HTN	CLONIDINE HCL	
Cardiovascular	CLOPIDOGREL BISULFATE	
Musculoskeletal/Rheumatology	CYCLOBENZAPRINE HCL	
Endocrine - Diabetic	DIABETIC PEN NEEDLES	
Cardiovascular - HTN	DILTIAZEM HCL ER	
Respiratory	DIPHENHYDRAMINE HCL	
Gastrointestinal	DOCUSATE SODIUM	Charging
Anti-Infectives	DOXYCYCLINE MONOHYDRATE	Charging
Central Nervous System - Mental Health	DULOXETINE	
Central Nervous System - Mental Health	DULOXETINE HCL	
Dietary Supplements	ERGOCALCIFEROL (VITAMIN D2)	
Anti-Infectives	ERYTHROMYCIN BASE	Charging
Central Nervous System - Mental Health	ESCITALOPRAM OXALATE	
Gastrointestinal	ESOMEPRAZOLE MAGNESIUM	
Cardiovascular	FENOFIBRATE	
Dietary Supplements	FERROUS GLUCONATE	
Anti-Infectives - Antifungal	FLUCONAZOLE	Charging

Central Nervous System - Mental Health	FLUOXETINE HCL	
Respiratory	FLUTICASONE PROPIONATE	Charging
Respiratory	FLUTICASONE PROPIONATE/SALMETEROL	
Cardiovascular - Diuretic	FUROSEMIDE	
Central Nervous System	GABAPENTIN	
Endocrine - Diabetic	GLIMEPIRIDE	
Endocrine - Diabetic	GLIPIZIDE	
Endocrine - Diabetic	GLIPIZIDE ER	
Endocrine - Diabetic	GLYBURIDE	
Cardiovascular - Diuretic	HYDROCHLOROTHIAZIDE	
Topical Agents	HYDROCORTISONE	Charging
Respiratory - Allergy	HYDROXYZINE HCL	Charging
Analgesics	IBUPROFEN	
Cardiovascular - Diuretic	INDAPAMIDE	
Respiratory - Asthma/COPD	IPRATROPIUM/ALBUTEROL SULFATE	
OB/GYN	JUNEL FE	
Endocrine - Diabetic	LANCET	
Anti-Infectives	LEVOFLOXACIN	Charging
Endocrine	LEVOTHYROXINE	
Endocrine	LEVOTHYROXINE SODIUM	
Cardiovascular - HTN	LISINOPRIL	
Cardiovascular - HTN	LISINOPRIL/HYDROCHLOROTHIAZIDE	
Gastrointestinal	LOPERAMIDE HCL	
Respiratory - Allergy	LORATADINE	Charging
Cardiovascular - HTN	LOSARTAN POTASSIUM	
Cardiovascular - HTN	LOSARTAN/HYDROCHLOROTHIAZIDE	
OB/GYN	MEDROXYPROGESTERONE ACETATE	
Analgesics	MELOXICAM	
Endocrine - Diabetic	METFORMIN HCL	
Endocrine - Diabetic	METFORMIN HCL XR	
Glucocorticoid	METHYLPREDNISOLONE	
Cardiovascular - HTN	METOPROLOL SUCCINATE	
Cardiovascular - HTN	METOPROLOL SUCCINATE ER	
Anti-Infectives	METRONIDAZOLE	Charging
Anti-Infectives - Topical	MICONAZOLE NITRATE	
Respiratory	MONTELUKAST SODIUM	
Respiratory	MUCINEX	Charging
Analgesics	NAPROXEN	
Gastrointestinal	NEXIUM	
Nicotine Replacement	NICOTINE	
Nicotine Replacement	NICOTINE POLACRILEX	
Anti-Infectives	NITROFURANTOIN MONOHD/M-CRYST	Charging
OB/GYN	NORETHINDRONE	
OB/GYN	NORGESTIMATE-ETHINYL ESTRADIOL	
Anti-Infectives - Topical	OFLOXACIN	Charging
Cardiovascular - HTN	OLMESARTAN MEDOXOMIL	
Gastrointestinal	OMEPRAZOLE	
Gastrointestinal	OMEPRAZOLE DR	
Gastrointestinal	ONDANSETRON HCL	Charging
Gastrointestinal	PANTOPRAZOLE SODIUM	
Gastrointestinal	PANTOPRAZOLE SODIUM DR	
Endocrine - Diabetic	PIOGLITAZONE HCL	

Dietary Supplements	POTASSIUM CHLORIDE	
Dietary Supplements	POTASSIUM CHLORIDE ER	
Cardiovascular - Statin	PRAVASTATIN SODIUM	
Endocrine - Glucocorticoid	PREDNISONE	Charging
Endocrine - Diabetic	PRODIGY NO CODING TEST STRIPS	
Respiratory - Asthma/COPD	PULMICORT	
Gastrointestinal	RANITIDINE	
Gastrointestinal	RANITIDINE HCL	
Cardiovascular - Statin	ROSUVASTATIN CALCIUM	
Central Nervous System - Mental Health	SERTRALINE HCL	
Topical Agents	SILVER SULFADIAZINE	Charging
Cardiovascular - Statin	SIMVASTATIN	
Cardiovascular - Diuretic	SPIRONOLACTONE	
Anti-Infectives	SULFAMETHOXAZOLE/TRIMETHOPRIM	Charging
Central Nervous System	SUMATRIPTAN	
Central Nervous System	SUMATRIPTAN SUCCINATE	
Urinary	TAMSULOSIN HCL	
Anti-Infectives - Antifungal	TERBINAFINE HCL	Charging
Central Nervous System - Mental Health	TRAZODONE	
Central Nervous System - Mental Health	TRAZODONE HCL	
Topical Agents	TRIAMCINOLONE ACETONIDE	
Cardiovascular - Diuretic	TRIAMTERENE/HYDROCHLOROTHIAZID	
Endocrine - Diabetic	TRUE METRIX TEST STRIPS	
Cardiovascular - HTN	VALSARTAN	
Cardiovascular - HTN	VALSARTAN/HYDROCHLOROTHIAZIDE	
Central Nervous System - Mental Health	VENLAFAXINE HCL	
Central Nervous System - Mental Health	VENLAFAXINE HCL ER	
Anticoagulants	WARFARIN SODIUM	
OB/GYN	XULANE	

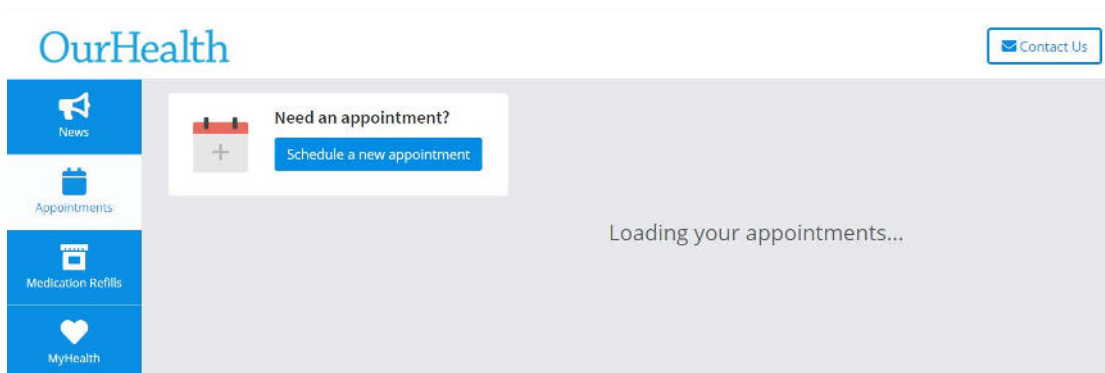
Online Appointment Scheduling:

How to schedule your appointment

Online scheduling is the easiest way to schedule your appointment. You pick the date and time! Have your appointment confirmed within minutes of scheduling.

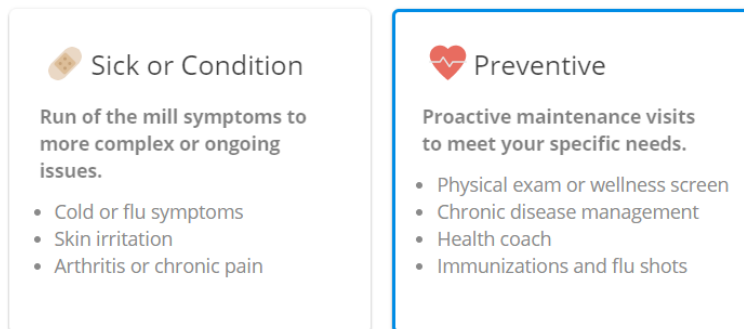
1. Visit member.ourhealth.org

After logging in, click the  "Appointments" icon in the upper left, then select "Schedule New Appointment"



2. Select either "Sick or Condition" or "Preventive"

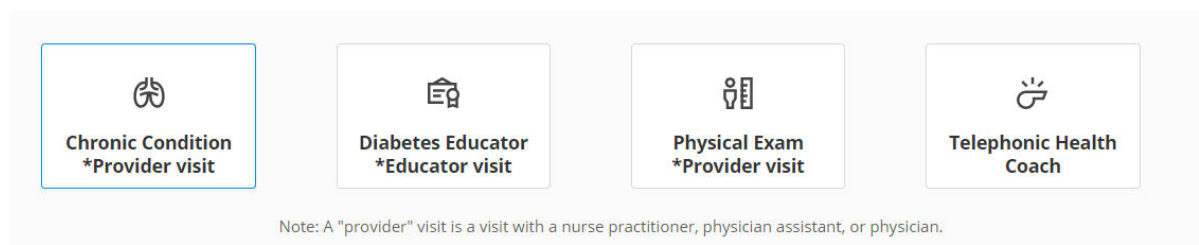
Step 2: What kind of visit do you need?



3. Select your visit type

Step 3: Select your visit type

Select visit type for more information about the appointment



4. Select your preferred appointment type for your visit

Select the appointment type for your visit

Telephonic Virtual Visit **In-Person**

5. In the drop down menu (if applicable), select the reason for your visit. Click "Next"

Enter the specific reason for your visit

Diabetes

Cystic Fibrosis

Eating Disorders

Heart Disease

High Blood Pressure (Hypertension)

High Cholesterol (Hyperlipidemia)

Medication Consultation

NEXT

6. Appointment availability for all clinics available to you will display. You can select a specific provider from the Provider drop-down menu, select a specific date on the calendar or click the blue arrows to see availability for weeks at a time

Network: Indianapolis Near-Site Provider: All

< Aug >

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Availability Limited Availability

	24 MON Aug	25 TUE Aug	26 WED Aug	27 THU Aug	28 FRI Aug	29 SAT Aug
PNC Center	3 morning 5 afternoon	9 morning 5 afternoon	2 morning 4 afternoon	7 morning 4 afternoon	2 morning 4 afternoon	
Traders Point	4 morning 1 afternoon	1 afternoon	5 morning 3 afternoon	2 morning 5 afternoon	2 morning	2 morning
Fishers	3 morning 2 afternoon	4 morning 6 afternoon	7 morning 3 afternoon	2 morning 7 afternoon	7 morning 10 afternoon	
Washington Square		6 morning 1 afternoon		1 afternoon		2 morning
Greenwood Springs	11 afternoon	6 afternoon	1 morning 5 afternoon	2 morning 8 afternoon	3 morning 5 afternoon	
Plainfield Commons	4 morning 4 afternoon	3 morning 5 afternoon	5 morning 3 afternoon	6 morning 5 afternoon	1 morning 3 afternoon	

BACK

7. Clicking on a blue or gray box will open a pop-up with specific appointment times. If you would like to view specific appointment times at another location, click 'Cancel' in the pop-up window

Availability

Limited Availability

<

24 MON Aug

25 TUE Aug

26 WED Aug

27 THU Aug

28 FRI Aug

29 SAT Aug

>

Clinic Locations

PNC Center	3 morning 5 afternoon	9 morning 5 afternoon	2 morning 4 afternoon	7 morning 4 afternoon	2 morning 4 afternoon	
Traders Point	4 morning 1 afternoon	1 afternoon	5 morning 3 afternoon	2 morning 5 afternoon	2 morning	2 morning
Fishers	3 morning 2 afternoon	4 morning 6 afternoon	7 morning 3 afternoon	2 morning 7 afternoon	7 morning 10 afternoon	
Washington Square		6 morning 1 afternoon		1 afternoon		2 morning
Greenwood Springs	11 afternoon	6 afternoon	1 morning 5 afternoon	2 morning 8 afternoon	3 morning 5 afternoon	
Plainfield Commons	4 morning 4 afternoon	3 morning 5 afternoon	5 morning 3 afternoon	6 morning 5 afternoon	1 morning 3 afternoon	

BACK

8. Select the time of your appointment

Choose an appointment: Preventive (Cystic Fibrosis)

Telephonic

Appointment Duration: 30 minutes

PNC Center

Wednesday, August 26th

All times are Eastern Daylight Time.

Morning



8:40 AM

Eric Wallisa, MD



11:10 AM

Eric Wallisa, MD

Afternoon



1:00 PM

Jordan Laden, PA



2:00 PM

Jordan Laden, PA



2:30 PM

Jordan Laden, PA



3:40 PM

Jordan Laden, PA

Cancel

9. Review and update your contact information if necessary

For video visits: Please enter a valid email address. You will receive an email reminder 10-15 minutes prior to your scheduled appointment with instructions on how to begin your video visit.

Please confirm your contact information:

Email *required for virtual visit

jondoe@gmail.com

Cell Phone Number

(317) 123-4567

Home Phone Number

(317) 123-4567

For telephonic visits: Please enter a valid phone number. Your provider will call the phone number(s) listed at the time of your appointment.

Please confirm your contact information:

Cell Phone Number

Home Phone Number

10. Review your appointment details and click "Confirm Appointment"

Reason for Visit

Choose a Time

Review & Confirm

Almost done! Please review the following details:

BACK

CONFIRM APPOINTMENT

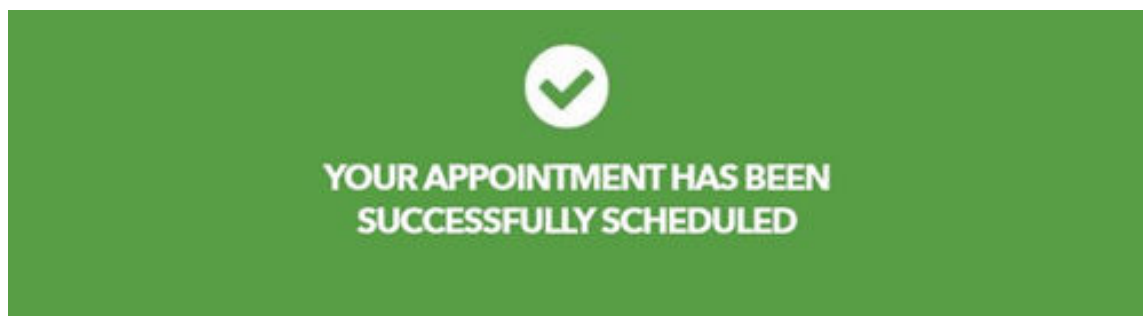
Please confirm your contact information:

Cell Phone Number

Home Phone Number

Please review the appointment details:

11. Your appointment is now scheduled! OurHealth will send you a confirmation email with your appointment details



All About Health Coaching

Health coaching is an important step in improving your health. Here are a few things you can expect:

- **MAKE CHANGES** - You'll get the tools and resources you need to make improvements for a healthier you, but to get the most from your experience, your participation is needed.
- **WORK WITH YOUR COACH** - Scheduled appointments are your time to work with your coach. Missing more than three appointments can result in being dropped from the program.
- **BE ENGAGED** - Talk with your health coach and share information about your health status, progress, and any obstacles.
- **BE PREPARED** - Come to each session prepared by completing the agreed-upon activities between sessions.

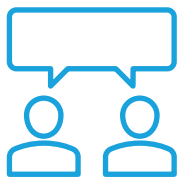
Your Goals. Our Mission.

With health coaching from OurHealth, you have a team dedicated to helping you meet your goals.

Common goals include:

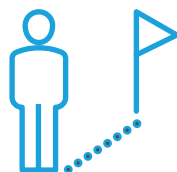
- ☑ Losing weight
- ☑ Getting stronger
- ☑ Eating better
- ☑ Increasing physical activity
- ☑ Improving sleep
- ☑ Quitting smoking/tobacco
- ☑ Reducing or managing stress
- ☑ Preventing or managing diabetes

HOW IT WORKS



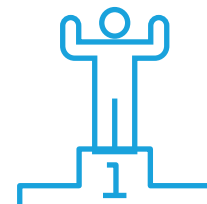
First Session

Establish a goal, ID motivating factors, and start an action plan.



Follow-up Sessions

- Check progress
- Modify action plan
- New short-term goals



Final Session

Establish an ongoing plan to maintain your healthy habits.

Frequently Asked Questions

Q: What is health coaching?

A. Health coaching is one-on-one support to guide you on your journey to lasting behavior change. It is a program that helps you develop a personalized action plan to adopt healthier behaviors to help you achieve your health goals.

Health coaching is NOT:

- **Counseling or therapy.** However, we do have professional referral resources at our fingertips if your needs are outside our scope of care.
- **A replacement of your primary care provider.** Health coaches do not diagnose or treat medical conditions, but can make recommendations on healthy behaviors to help you prevent or better manage some conditions.

Q: What are the health coach's qualifications?

A. Our health coaches are experienced professionals who have earned degrees in health or wellness related fields. They are trained in coaching techniques to help create successful change. Many coaches hold advanced degrees and certifications, such as registered dietitian, certified personal trainer, certified diabetes educator, exercise physiologist, or tobacco cessation specialist.



Q. Do I have to meet the health coach in person?

A. If possible, your first health coaching session will be face-to-face to initiate a strong relationship with you and your coach. Ongoing health coaching can be conducted face-to-face or over the telephone.

Q. What if I can't make a health coaching session?

A. If you can't make a coaching session, please call 317-559-2185 at least 24 hours in advance of your scheduled appointment to reschedule.

Q. Will my personal information be shared with my employer?

OurHealth does not disclose anything regarding your coaching sessions with your employer. Further, as a healthcare provider, all private patient health information is kept confidential and secure in strict accordance with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

To schedule a health coaching appointment, call **317-559-2185** or visit **member.ourhealth.org**