



P.O. Box 1433
Portsmouth, NH 03802

Schedule your annual physical
or wellness screening today!



2026

CITY OF CHARLOTTE

Wellness Incentive Guide





COMPLETE BETWEEN JANUARY 1 - MAY 1, 2026

Next steps:

- 1 Schedule an annual physical or wellness screening by calling Marathon Health at **866-451-3467**, visiting my.marathon.health or contacting your personal doctor.*
- 2 Attend your non-fasting appointment.



Go beyond a wellness screening!

Swap your wellness screening for an **annual physical** to earn your incentive — because prevention is the **best** medicine. Annual checkups give valuable one on one time with a provider to catch small issues before they become a **big** problem.

Throughout the year, take advantage of the various services offered by Marathon Health, including preventive and sick care, behavioral health, physical therapy, health coaching and more!

Available to employees, spouses, non-Medicare retirees and dependents (ages 2+) enrolled in a city medical plan.

2026 Wellness Incentives

City HSA Contribution

You will receive half the incentive in January and half in July once the incentive requirement is completed.

HSA Plan A

- \$1,000 employee only or employee + children
- \$2,000 employee + spouse or family

Savings On Annual Medical Plan Premiums

If you earn the premium savings you will pay less on your weekly medical premiums in 2026. The incentive is spread out over the year.

PPO Plan D

- \$500 employee only or employee + children
- \$1,000 employee + spouse or family

PPO Plan E

- \$500 employee only or employee + children
- \$1,000 employee + spouse or family

HPN Plan

- \$500 employee only or employee + children
- \$1,000 employee + spouse or family

Employees and their covered spouse (if applicable) must complete the incentive requirement to receive the full incentive amount.

*For an outside provider form, please visit my.marathon.health or call 866-451-3467.

Fast, Simple, Secure — upload your outside provider form in the Marathon Health Portal. Access via the INCENTIVE tab.

If pregnant or feel completing an annual physical or wellness screening is unreasonably difficult or medically inadvisable may still be able to earn the incentive through alternate standards. Please call 866-451-3467.



Complete an annual physical or wellness screening by May 1, 2026! Scan the QR code for scheduling, locations and more.

my.marathon.health | 866-451-3467

