

Tufts University Jumbo Health Center

Eligibility

Onsite health coaching and wellness center services are open to all employees, their spouses, and qualified domestic partners. There is no charge for the services. However, if you are referred out for further services (X-ray, MRI, specialist visit) additional out-of-pocket expenses may occur. Services will need to be coordinated through your insurance provider. Some lab tests sent for external processing may also require additional payment.

The following is a representative list of services available:



Prevention

Health Screenings

- Annual Exams
- Blood pressure
- Body mass index
- Cholesterol
- Glucose

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

- 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.

Privacy

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

The Jumbo Health Center

Steve Tisch Sports and Fitness Center

161 College Ave.
Medford, MA 02155
Mon-Thurs | 8am-6pm
Fri | 8am-4pm

Grafton Campus
Cummings Support Center
(Health Coaching only)

6 Captain William O'Brien Rd.
North Grafton, MA 01536
Biweekly Mon | 8am-4:30pm
Wed | 8am-4:30pm

Boston Health Sciences Campus
(Health Coaching Only)

75 Kneeland St.
6th floor, Room 602
Thurs | 8:30am-5pm

To schedule an appointment at any location or for more information, call 617.627.0467 or visit my.marathon-health.com



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