



Tufts Jumbo Health Center

Telephonic Health and Chronic Condition Coaching

Services are available exclusively to Tufts University employees, spouses and qualified domestic partners. The care you receive from Marathon Health is confidential and protected by HIPAA regulations.

**Boston SMFA Campus
Telephonic Coaching Available**

For more information or to schedule an appointment
Call the health center at 617.627.0467 or visit
my.marathon-health.com



JUMBO+ME



Telephonic Health Coaching

Our goal at is to help you achieve your optimum health. To help you reach this goal, The Center staff provides telephonic health coaching services to address any health concerns you have. Chronic Condition Coaching services are available to help you live your life to the fullest.

The following is a representative list of services available:

Chronic Condition Coaching

- Arthritis
- Asthma
- COPD
- Depression
- Diabetes
- Heart health
- Low back pain
- Sleep apnea
- Educational offerings

Health Coaching

- Nutrition
- Physical activity
- Stress management
- Tobacco cessation
- Weight loss

Marathon
health[®]
For life.

The treatment you receive and the data and information in your Personal Health Record are completely confidential. Your health information cannot be disclosed without your authorization, except for specific purposes permitted under privacy laws. For more information on the Marathon Health Privacy Policy, visit www.marathon-health.com/privacy or contact us at 1-802-857-0400 and ask to speak with our privacy officer.