

## ABOUT MARATHON HEALTH

Marathon Health strives to achieve equity in access and quality of health and wellbeing for regional, rural and remote communities. At the core of achieving this is a commitment to collaborate with community members, service providers and policy makers to design customised and responsive services, drawing on the strengths of all involved to optimise the effective and efficient delivery of health and wellness services.

Marathon Health's workforce has been living and working in regional NSW for over 20 years. We have learned to work closely with existing services across the spectrum of social determinants of health and seek to augment and integrate rather than compete or duplicate.

Marathon Health is proud to enable and deliver culturally accessible health services for our Aboriginal and Torres Strait Islander communities.

The breadth of our expertise covers a range of health, social and community services which are the fabric of a strong, sustainable, progressive and holistically well society:

- Integrated and coordinated service delivery across providers
- Allied health including audiologists, dietitians, occupational therapists, psychologists, speech pathologists
- Chronic disease education, screening, prevention and management
- Mental health
  - Youth and adolescent (including four headspace centres)
  - Mild to moderate
  - Severe and persistent
- Childhood development early intervention
- Aboriginal family wellbeing
- Support and advocacy for people with disabilities
- After Hours support services including GP clinics
- Rural outreach specialist services and Allied Health Professional Services.
- Aged Care support and Integration with primary health care.

This service is funded by:



An Australian Government Initiative

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# PRIMARY HEALTH SERVICES



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## What services do we provide?

The Primary Health Services team aims to prevent and reduce the burden of disease in rural and remote communities through the provision of targeted, evidence based primary health services.

The Primary Health Services team provides a range of primary health services in over 30 towns in western NSW.

### These services include:

- **Preventative Health**

A team of Primary Health Care Nurses delivering cancer prevention services in the form of screening and education as well as smoking cessation, health promotion sessions and healthy lifestyle programs and groups.

- **Chronic Disease Management**

The Primary Health Services Chronic Disease team offer a range of services to assist the management of chronic disease in regional, rural and remote communities. These services include:

- Dietetics
- Diabetes education
- Telehealth
- Healthy Eating Activity and Lifestyle (HEAL™) program
- Health promotion and education.

- **Childhood Early Intervention**

The Early Intervention team deliver services to 0-12 year olds who are needing support to achieve their developmental milestones, including young children with developmental delays or disabilities. Occupational Therapists, Speech Pathologists and Allied Health Assistants work together through different service delivery methods to meet the child's and community's needs.

## How can the service be accessed?

Referrals can be made through GPs, other health professionals, parents, teachers or by the individual themselves with the exception of Diabetes Educators where GP involvement is required.

Any client who has a chronic disease and is eligible for Medicare funded primary health services under a Team Care Arrangement (TCA) will be required to consult with their nominated treating doctor to develop a GP Management Plan (GPMP) where the GP deems this appropriate.

### Telehealth Service Delivery

Telehealth is one of the many ways Marathon Health delivers health care throughout rural and remote communities. Telehealth is a secure video assisted health consultation that allows you to see, speak with and hear your health care provider. Whilst suitable for many primary health services your clinician will make an assessment and advise if it is appropriate for your health care needs.



### Further Information

For further information about the Primary Health Services team and their programs and services, please:

Visit our website: [www.marathonhealth.com.au](http://www.marathonhealth.com.au)

Call us on: 6826 5200