

# 2021 JANUARY Nutrition Month



## CRETEX RESOURCES



### Contact Linnea: 763-260-5113

All employees & covered spouses can schedule free in-person, telephonic or video health coaching sessions with Linnea! She is based out of the Be Well Health Center in MN.



### Marathon Health e-Portal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out this workshop when it works for **YOU: Healthy Eating**

**Workshop Description:** Learn how to develop and maintain healthy eating habits in this four week program.

**Log in to this website:** [my.marathon-health.com/](https://my.marathon-health.com/)  
Click **Wellness**, then **Programs & Tools**  
and then the workshop.



### HealthPartners

The HealthPartners **Eat Smart** website outlines information & resources for choosing healthier options.

**Go to this website:**  
<https://www.healthpartners.com/hp/healthy-living/health-topics/eat-smart/index.html>

## 2021 Be Well Program

We are excited to share the details with you, including the **rewards & incentives!** A guide has been created for all employees & covered spouses to reference:  
**[go.cretex.com/BeWell21](https://go.cretex.com/BeWell21)**

Please scan this QR Code using a smartphone or tablet to easily view this document.  
You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

## EXTERNAL RESOURCES

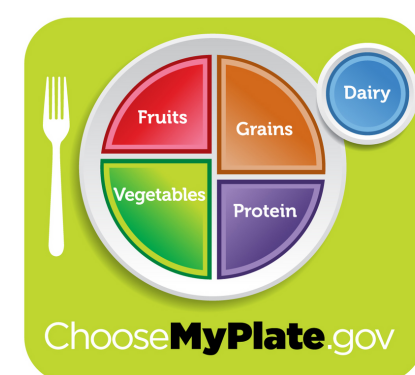


### Choose MyPlate

This resource focuses on ways to help you introduce healthier food options into your daily diet.

MyPlate is filled with interactive learning opportunities, tips, and information that helps you make more informed decisions. Explore each food group that may end up on your plate by following the different icons on their page.

**Go to this website:**  
<https://www.choosemyplate.gov/>



### MyPlate App

Is nutrition a focus for you in 2021? Set goals using the MyPlate app!

**Follow this link to learn more:**  
<https://www.choosemyplate.gov/startsimpleapp>

