



CRETEX RESOURCES



TIME IS RUNNING OUT

Employees & covered spouses must complete their **Health History & Risk Assessment (HHRA)** or **HRA Annual Update** by **June 30th** to earn points as part of the 2021 Be Well Incentive Program. No Assessment? No Points! The assessment can be completed **online (my.marathon-health.com)** or via the **Marathon Health mobile app**.



HealthPartners

Are you on a Cretex medical plan but don't have separate vision insurance? Our medical plans consider an annual eye exam **preventative care**. This means you & covered dependents are eligible for a **FREE** annual eye exam once a year if the provider is considered in-network.

*Reminder: employees & covered spouses can earn 50 points for completing a preventative care visit as part of the **2021 Be Well Incentive Program**.*



FREE Frames with EYEMED Freedom Pass

As an EyeMed member with the **Freedom Pass**, you can choose any* frame at **Target Optical** for you & your covered dependents and **pay nothing for the frame**. You will only pay for an exam (if necessary), lenses & any lens upgrades. The Pass is required at time of purchase. You can get a copy from the **Special Offers** platform on the member portal at **eyemed.com**, the **EyeMed Mobile App**, or by calling **866-939-3633** to have a code sent to your mobile device.

*Excluded frames include Chanel, Cartier, Giorgio Armani, Gucci, Prada, Tiffany and Tom Ford frames

Marathon Health Education Session

Train Your Brain

Ever wondered how important brain health is to your overall health and wellness? Join us as we discuss the connection between brain health and overall health and lifestyle choices that can help improve your brain health. Log in to my.marathon-health.com to access the recording!

*** Don't forget to log in to my.marathon-health.com & mark a Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.
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



June 12th: Global Wellness Day

Learn more: globalwellnessday.org. The main aims of the day:

- To recognize the value of our lives;
- To pause and think, even if for just one day of the year;
- To be free from stress of everyday city life & bad habits;
- To make peace with ourselves; and
- To raise awareness about living well & increase motivation, not just for today, but for the remaining 364 days of the year.



Keep Your Eyes Healthy

- **Get a comprehensive dilated eye exam** and find out if you are at risk for eye diseases.
- **Eat foods that boost eye health** - dark leafy greens or fish high in omega-3 fatty acids (salmon, tuna & halibut).
- **Stay active** - this can help reduce risk of developing diabetes, high blood pressure & high cholesterol.
- **Quit smoking** - smoking increases your risk of diseases like macular degeneration & cataracts.
- **Protect your eyes** - wear sunglasses & protective eyewear, take technology breaks, and keep your contacts clean if you wear contacts.

Resource: www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy



Prevent Eye Strain: 20-20-20 Rule

For every **20 minutes** you spend looking at a digital device or computer screen, look at something at least **20 feet away** for **20 seconds**.



Virtual Eye Model

go.cretex.com/VirtualEye

Learn basic **eye anatomy with interactive models**, view video tutorials of common refractive errors, & see how contact lenses can help give you clear vision.

