2021
NOVEMBER
Diabetes Awareness Month

be well

CRETEX RESOURCES

Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops:

Preventive Health - Male or Metabolic Syndrome

Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.

HealthPartners

Head to the webpage via the QR code shared here to learn about the resources out there for diabetes and diabetes prevention.
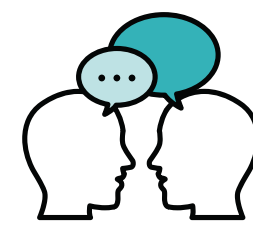
60-second Type II Diabetes Risk Test

The key to prevention is knowing your risk. You can take this free, online 60-second test.

American Diabetes Association

EVENTS & EXTERNAL RESOURCES

World Kindness Day

Sunday, November 13th 2021
Take some time to show some extra kindness to the people in your life. In the words or Mr. Rogers…

"There are three ways to ultimate success:
The first way is to be kind.
The second way is to be kind.
The third way is to be kind."

Movember

In the month of November, grow out your facial hair or get creative with a faux stache to bring awareness to men's health. The Movember organization wants to bring to light the issues surrounding mental health, prostate and testicular cancer. You can learn more at **Movember.com.**

Diabetes Education

A recent report by the Centers for Disease Control and Prevention (CDC) projects that the number of Americans with diabetes will double, if not triple, by 2050. Diabetes is the number one reason for adult blindness, kidney failure and limb amputation, and a large contributor to heart attacks and strokes. Join Linnea Ritter, Family Nurse Practitioner, to learn what you can do now to reduce your risk for diabetes in the future. This session will cover information for everyone, whether or not you are affected by diabetes.

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

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

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Companies