



2022 Be Well Program Guide

Effective: Jan. 1, 2022 – Dec. 31, 2022

2022 Be Well Program















At Cretex, our mission is to make the pursuit of health & wellness a priority for everyone. Our goal is to shine a spotlight on health & wellness and make our workplace more conducive to healthy choices and supportive of a healthy lifestyle.

In 2022, we will have activities and offerings centered around the five pillars of well-being: Mental, Physical, Social, Community, and Financial. All employees and covered spouses are eligible to participate. Cretex will recognize monthly wellness themes. **You will receive a monthly communication sharing the activities each month. Incentives will be awarded for participating or completing monthly activities.**

Cretex will continue working with Marathon Health to provide the Marathon eHealth Portal and the Be Well Health Center in Coon Rapids, MN.

We're here when you're ready!

2022 Monthly Wellness Themes

JANUARY 5 Pillars of Well-being 	FEBRUARY Heart Health Month 	MARCH International Day of Happiness 	APRIL Financial Tools 
MAY Mental Health Month 	JUNE Marathon Health 	JULY Fitness Month 	AUGUST Team Building 
SEPTEMBER Thumbs Up 5k Mental Health Awareness 	OCTOBER Diabetes Awareness Month 	NOVEMBER Blood Pressure Awareness & Movember 	DECEMBER Healthy Holidays 

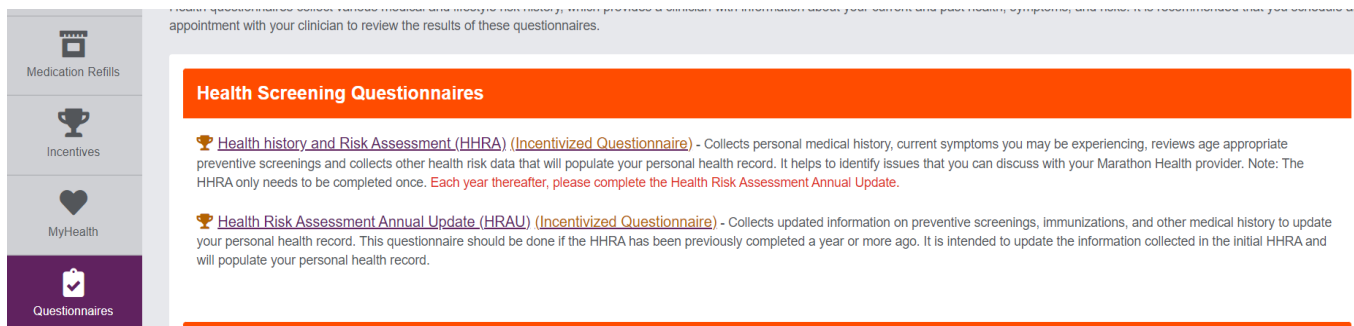
Marathon eHealth Portal: my.marathon-health.com

The Marathon eHealth Portal is the tool employees and covered spouses will use to complete their HHRA for an incentive! Please refer to the Marathon eHealth Portal guide for specifics and how to access and utilize the portal. You can access the portal from any computer, tablet, smartphone or mobile device that has access to the internet. You can also use the portal to schedule and view upcoming appointments, review health results, and securely contact your Marathon Health provider.

Be Well Health Center in Coon Rapids, MN

Location	8600 Evergreen Blvd., Coon Rapids, MN 55433 (next to rms)
Contact Information	<ul style="list-style-type: none"> Phone: 763-260-5113 Website: my.marathon-health.com
Hours	<ul style="list-style-type: none"> Mondays, Wednesdays, Fridays: 7am-4pm CT Tuesdays, Thursdays: 9am-6pm CT Closed Daily: 11am-12pm CT
Who's Eligible?	<ul style="list-style-type: none"> <u>ALL</u> Cretex Companies employees (you do not have to be on our medical plan) Spouses & Dependents (ages 2 & up) who are <u>ON</u> our Cretex Companies medical plan
What's the Cost?	<ul style="list-style-type: none"> \$20.00/visit for primary/acute care (including prescribed prescription, if available at the center) Preventative care & health coaching are FREE!
Paid Time?	You will be required to clock out to go to your appointment. You can then clock back in when you return to work.
Questions?	For general questions about your Marathon eHealth Portal and the Be Well Incentive Program, please contact the Marathon Health Help Desk at 888.490.6077 (available Monday through Friday 7AM CT-7PM CT).

- Employees can log into Marathon's eHealth Portal to complete their Health History and Risk Assessment (HHRA) in order to receive an incentive gift on behalf of Cretex. There is no deadline to complete the HHRA each year.
 - First time users will fill out the Health history and Risk Assessment (HHRA)
 - After filling out the initial HHRA, employees can complete the Health Risk Assessment Annual Update (HRAU) each following year.
- Visit Marathon's eHealth Portal:
<https://member.ourhealth.org>



The screenshot shows the Marathon Health eHealth Portal interface. On the left is a navigation sidebar with icons for Medication Refills, Incentives, MyHealth, and Questionnaires. The main content area is titled "Health Screening Questionnaires" and contains two items:

- Health history and Risk Assessment (HHRA) (Incentivized Questionnaire)** - Collects personal medical history, current symptoms you may be experiencing, reviews age appropriate preventive screenings and collects other health risk data that will populate your personal health record. It helps to identify issues that you can discuss with your Marathon Health provider. Note: The HHRA only needs to be completed once. *Each year thereafter, please complete the Health Risk Assessment Annual Update.*
- Health Risk Assessment Annual Update (HRAU) (Incentivized Questionnaire)** - Collects updated information on preventive screenings, immunizations, and other medical history to update your personal health record. This questionnaire should be done if the HHRA has been previously completed a year or more ago. It is intended to update the information collected in the initial HHRA and will populate your personal health record.

- Visit our website at: www.Cretex.com/bewell
- Seamless connection to our wellness partners including Marathon Health, Health Partners, Principal, and Lincoln



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Cretex Employee Health & Wellness Resources

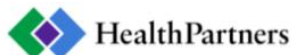
Wellness Resources

- Marathon Health →
- HealthPartners →
- Principal →
- Lincoln Financial Group →
- EyeMed →
- Optum →
- Cretex Cares →
- Be Well Events →



Be Well in All Aspects of Your Life

We value our employees, which is why we pride ourselves on offering resources and benefits to support your well-being. Take care of your body, mind and financial future.



Marathon Health

Cretex has partnered with Marathon Health to provide a one stop shop to wellness by providing an onsite health center and a health portal resource.

Be Well Health Center

Location: rms Company, 8600 Evergreen Boulevard Coon Rapids, MN 55433

Phone: 763-260-5113

Services:

- Acute and primary care services including treatment of common illnesses, preventative check ups, and comprehensive health review
- Health coaching including nutrition, tobacco cessation, stress management, physical activity, and more
- Health assessments to keep you informed of your current health-related numbers

Online Health ePortal

Visit member.ourhealth.org to review your personal health record, schedule appointments, access health education materials, and more!

[Login to the Marathon Health ePortal →](#)

HealthPartners

HealthPartners is our provider for medical and dental insurance, as well as our Flexible Spending Account (FSA). To contact HealthPartners, visit their website at www.healthpartners.com or call one of the numbers listed below.

- Member Services (including Nurse Navigator and Pharmacy Navigators): 800-883-2177
- Behavioral Health Navigators: 888-638-8787
- CareLine service nurse line (available 24/7): 800-551-0859
- BabyLine phone service (24/7): 800-845-9297
- Personal nurse support (healthpartners.com/nursesupport): 800-871-9243

[Visit the HealthPartners website →](#)

Principal

Principal has a variety of free tools and resources available to assist you with your retirement goals including:

- Personalized one on one meetings to discuss your personal retirement goals. Visit www.principal.com/phone1on1
- My Virtual Coach
- Retirement Wellness Score to help you determine if you are on track or retirement
- Principal Milestones to help you in over 35 areas including online will preparation, student loan management, and long-term care insurance

Contact Center: 800-547-7754

- Retirement Specialists available Monday-Friday, 7:00am to 9:00pm CT
- Voice Response System is available 24/7

[Visit the Principal website →](#)

Lincoln Financial Group

New for 2022! Lincoln Financial Group will be our provider for our Employee Assistance Program (EAP), long-term disability, life and AD&D insurance, critical illness and accident insurance. Visit the Lincoln website www.lfg.com for more information.

For EAP tools and resources, visit www.guidanceresources.com, download the GuidanceNow mobile app or call 888-628-4824. First-time users please contact human resources for login information.

- Face-to-face sessions
- Online resources
- Unlimited 24/7 access

For disability and leave of absence claims, visit mylincolnportal.com or call 844-243-1708.

Please see your human resources representative for more information and to obtain login credentials for first-time users.

[Visit the Lincoln Financial Group website →](#)

If you have specific questions about this year's program, then please contact your location's Be Well Champion:

- **Cretex Corporate**
 - Stacie Sayre (Executive Support)
 - Heather Schultz (Program Lead)
 - MaryBeth Schmitt
- **Cretex Materials**
 - Valerie Healey
- **Cretex Specialty Products**
 - Kim Anderson
- **JunoPacific (CA)**
 - Anthony Bartice
 - Stephanie C. Anderson
- **JunoPacific (MN)**
 - Angie Dunn
- **Meier Tool**
 - Amanda Gaertner
 - Jessica Blauert
- **QTS**
 - Laura Johnson
- **rms**
 - Megan L. Jackson
 - Rebecca Salminen
- **rms Surgical**
 - Katie Coffield
- **Spectralytics**
 - Sheila Miller
 - Kelli Rueckert
 - Tanner Rotert



Interested in joining this team?

Contact your location's Be Well Champion
or email Heather Schultz: HMSchultz@cretex.com