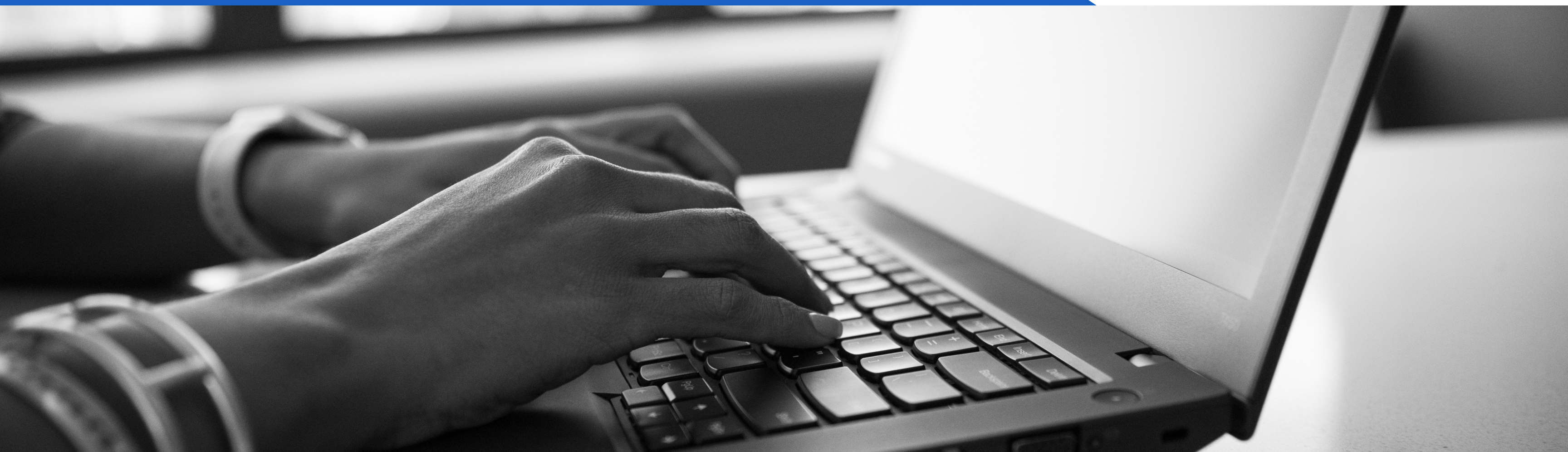


2022
JUNE

Three Reasons to Complete Your Health Risk Assessment



What is a Health Risk Assessment?

A Health Risk Assessment (HRA) is an online questionnaire that helps you and your provider understand your health. This tool creates a report that highlights the positive things you are doing and where you can improve.

Your Be Well team is here to help you lead a healthy and active life. The first step to living a healthy life is understanding your health better by completing a Health Risk Assessment (HRA). This online questionnaire collects personal medical history information, symptoms, problems, screening tests and other medical information that provides valuable information about your overall health.

Three reasons to Complete Your HRA

- 1. It's quick and easy.** You can fill out the HRA online in the Marathon Health Portal. It takes about 20 minutes to complete, but you can save your work at any point and finish it later.
- 2. It can identify health risks.** According to the CDC's National Center for Chronic Disease Prevention and Health Promotion, 6 in 10 adults in the U.S. have a chronic condition. Once you know your health risks, your provider can work with you on making changes that can improve your health.
- 3. You can earn an incentive.** By prioritizing your health and completing an HRA, you can earn a prize! For 2022, we have two prize options: Goodr sunglasses or a winter hat.

How to fill out your Health Risk Assessment



1. Visit www.my.marathon-health.com
2. In the menu on the right, click **Health Risk Assessment**.
3. On the Questionnaire page, click the Health Risk Assessment link to get started.

*If you have questions about logging in or using the Marathon Health Portal, you can contact us at **1-888-490-6077** from 8 am to 8 pm EST.*

FEATURED ACTIVITY

For this month's activity, the Be Well nurse practitioner, Linnea Ritter is providing an online webinar on the topic of heart health.

To access the webinar, please scan the QR Code or link provided. If you participate in this month's featured activity, you are automatically entered into a raffle for a chance to win a \$50 gift card. Cretex will randomly select a winner from each Cretex location and Marathon Health will also randomly select two winners across all locations.

How to Enter: Watch the online webinar and complete the form via the QR Code or link.

WEBINAR



go.cretex.com/hearthealth

TEAMS FORM



go.cretex.com/bw0622