



# 2023 Be Well Program Guide

*Effective: Jan. 1, 2023 – Dec. 31, 2023*

# 2023 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 2023, 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.

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**We're here when you're ready!**

## Marathon eHealth Portal: [my.marathon-health.com](http://my.marathon-health.com)

The Marathon eHealth Portal is the tool employees and covered spouses will use to complete their HRA 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

<b>Location</b>	8600 Evergreen Blvd., Coon Rapids, MN 55433 (next to rms)
<b>Contact Information</b>	<ul style="list-style-type: none"> <li>• Phone: 763-260-5113</li> <li>• Website: <a href="http://my.marathon-health.com">my.marathon-health.com</a></li> </ul>
<b>Hours</b>	<ul style="list-style-type: none"> <li>• Mondays, Wednesdays: 7am-5pm CT</li> <li>• Tuesdays, Thursdays: 8:30am-5:30pm CT</li> <li>• Fridays: 7am-2pm</li> <li>• Closed Daily: 11am-12pm CT</li> </ul>
<b>Who's Eligible?</b>	<ul style="list-style-type: none"> <li>• <u>ALL</u> Cretex Companies employees (you do not have to be on our medical plan)</li> <li>• Spouses &amp; Dependents (ages 2 &amp; up) who <u>are on</u> our Cretex Companies medical plan</li> </ul>
<b>What's the Cost?</b>	<ul style="list-style-type: none"> <li>• \$20.00/visit for primary/acute care (including prescribed prescription, if available at the center)</li> <li>• Preventative care &amp; health coaching are <b>FREE!</b></li> </ul>
<b>Paid Time?</b>	You will be required to clock out to go to your appointment. You can then clock back in when you return to work.
<b>Questions?</b>	For general questions about your Marathon eHealth Portal and the Be Well Incentive Program, please contact the <b>Marathon Health Help Desk at 888.490.6077</b> (available Monday through Friday 7AM CT-7PM CT).

- Employees can log into Marathon’s eHealth Portal to complete their Health Risk Assessment (HRA) in order to receive an incentive gift on behalf of Cretex. There is no deadline to complete the HRA each year.
  - Incentive will be awarded once per year upon completion of the HRA.
  - If your health information changes you can complete a second HRA to update your records, but will not receive an incentive for the second completion
- Visit Marathon’s eHealth Portal:  
<https://my.marathon-health.com>



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## Questionnaires

Health questionnaires collect various medical and lifestyle risk history, which provides a clinician with information about your current and past health, symptoms, and risks. It is recommended that you schedule an appointment with your clinician to review the results of these questionnaires.

- Health Screening Questionnaires**
  - [Health Risk Assessment \(HRA\)](#) - Collects personal medical history information, symptoms, problems, screening tests and other medical information that provides valuable information about your overall health. You are able to complete the HRA again at any time if your responses have changed.
- In Progress**
- Completed**
  - [Health Risk Assessment \(HRA\)](#)  
Completed: 05/20/2022

# Internal Well-being site



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



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#### Marathon Health

To make an appointment at the Be Well Health Center operated by Marathon Health, visit [my.marathon-health.com](http://my.marathon-health.com) or call 763-260-5113.

The Be Well health center is located on-site at the rms Company facility:

rms Company  
8600 Evergreen Boulevard  
Coon Rapids, MN 55433

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

#### 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](http://www.healthpartners.com) or call 800-883-2177.

[Visit the HealthPartners 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](http://www.lfg.com) for more information.

For EAP tools and resources, visit [www.guidancesources.com](http://www.guidancesources.com) or call 888-628-4824.

[Access Employee Assistance Program support tools →](#)

#### Principal

Principal has a variety of free tools and resources available to assist you with your retirement goals. Learn more at [www.principal.com](http://www.principal.com) or call 1-800-547-7754.

[Visit the Principal website →](#)



#### Optum

Optum Bank is our administrator for Health Savings Accounts (HSA). Visit the Optum website at [www.optumbank.com](http://www.optumbank.com) or call 866-804-0982 for more information.

[Visit the Optum website →](#)

#### EyeMed

EyeMed is our provider for vision insurance. To contact EyeMed, visit their website at [www.eyemed.com](http://www.eyemed.com) or call 866-804-0982.

[Visit the EyeMed website →](#)

#### Cretex Cares

Cretex Cares is a group of Cretex employee volunteers dedicated to supporting the lives of Cretex employees, their families and our communities. Contact the team by emailing [CretexCares@cretex.com](mailto:CretexCares@cretex.com) or by visiting [www.CretexCares.com](http://www.CretexCares.com).

[Visit the Cretex Cares website →](#)

#### Upcoming Events

More information about our upcoming health and wellness activities coming soon!

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

- **QTS**

- Laura Johnson

- **rms**

- Megan L. Jackson
- Rebecca Salminen

- **Cretex Medical – CDT**

- Angie Dunn (Anoka and Brooklyn Park, MN)
- Amanda Gaertner (Brooklyn Park, MN)
- Jessica Blauert (Brooklyn Park, MN)
- Kristin Berglund (Dassel, MN)
- Jenna Baldwin (CA)
- Stephanie Anderson (CA)



***Interested in joining this team?***

Contact your location's Be Well Champion  
or email Heather Schultz: [HMSchultz@cretex.com](mailto:HMSchultz@cretex.com)