



## Health Risk Assessment Reminder

Complete your **Health Risk Assessment (HRA)** in the Marathon Health Portal in 2023 and receive a reward!  
*Your health information should be updated each year.*

We're here when you're ready!



LOGIN TO THE MARATHON HEALTH PORTAL FOR MORE DETAILS

[my.marathon-health.com](https://my.marathon-health.com)



VISIT THE BE WELL WEBSITE FOR WELLNESS RESOURCES

[cretex.com/bewell](https://cretex.com/bewell)

\*One incentive reward per employee/covered spouse per year.



Choose your 2023 Incentive Reward!  
A Be Well Backpack or a Be Well Lunch Bag Set



## Download the Marathon Health Mobile App

The new Marathon Health Mobile App provides our clients and members easy and convenient access to their Marathon Health care team. Our goal is to personalize patient engagement, empower members to take care of their health and deliver a great experience to ultimately improve health outcomes.

Scan the QR code or follow the link below to learn more:  
<https://www.marathon-health.com/mobile/>



If you log into the **Marathon Health Portal** this month and send a message to the Be Well Health Center team you will be entered into a drawing for a \$50 gift card. Simply indicate in the message that you would "... like to be entered into the August Marathon Health Portal Awareness drawing." While you are there - complete your HRA Questionnaire and be eligible for a prize.

## Sneak Peek for September...

Cretex will be participating in the Thumbs Up 10th Annual 5K/10K/Walk/Run/Bike Event on Saturday, Sept. 16th. Register for the live or virtual event here **by 8/31/23**:

**[go.cretex.com/ThumbsUpTeam](https://go.cretex.com/ThumbsUpTeam)**

\*Complimentary registration fee paid by Cretex for the first 35 employees. Select the Cretex Medical team and use code CRETEX23



## FEATURED ACTIVITY

View the video "The Marathon Health Patient Experience" by the Marathon Health team and fill out the Teams form. Employees located outside of MN, remember that while you may not be able to utilize the onsite Be Well Health Center, you still have access to the portal, HRA and Health Coaching through Marathon Health!

*How to Participate:* Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the drawing.

### VIDEO



[bewell.cretex.com/0823-marathon](https://bewell.cretex.com/0823-marathon)

### FORM



[bewell.cretex.com/0823](https://bewell.cretex.com/0823)