



Healthy Holiday Resources and Reminders

While the holiday season can be filled with joy for some, it can also be a tough time of year for many. Whether it is the first time you are experiencing a holiday without a loved one or being around some family or friends brings about stress. Know that **you are not alone**. You can utilize the EAP to get support or check out the resource here to learn more about what to do.



- www.mhanational.org/blog/5-things-do-when-holidays-arent-exactly-uplifting



Winter activities for the family

- www.verywellfamily.com/winter-activities-for-families-and-kids-6754263



Holiday ingredient swaps

- www.fitonapp.com/nutrition/healthy-holiday-swaps/

Support is available

- Employee Assistance Program (EAP)
 - www.guidanceresources.com/
 - Username: LFGSupport
 - Password: LFGSupport1
 - Download the GuidanceNow mobile app
 - Call 888-628-4824.
 - Up to 5 face to face sessions per year at no cost
 - Available to you and your household members.



Did you know that you can find more great information on our internal Be Well website?

- Be Well Site:** Find resources and links for our health plans, EAP, and more. <https://www.cretex.com/bewell/>
- Newsletter Archive:** See all of our past newsletters featuring themes and activities. <https://www.cretex.com/bewell-newsletters/>
- Wellness Blog Pages:** See additional resources on topics like mental health, caregiving, financial wellness, and more! <https://www.cretex.com/category/wellness/>

STILL HAVE 2023 FUNDS MORE THAN THE CARRYOVER AMOUNT YOU NEED TO USE?

TRY ONE OF THESE SITES TO VIEW AND PURCHASE QUALIFYING ITEMS

- HEALTH PARTNERS:** my-healthshopper.com/hp/eligibility
- AMAZON:** Search FSA Store to see all FSA/HSA eligible items.

LOG IN TO **HEALTHPARTNERS.COM** TO SUBMIT YOUR 2023 FSA CLAIMS

You can carry over a balance of up to \$610 from 2023 to 2024 on Healthcare FSA and Limited Care FSA accounts*
*Dependent care accounts do not have a carryover

Submit qualifying expenses incurred between 1/1/2023 and 12/31/2023 by 3/31/2024.

Questions? Contact your HR Representative.

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!

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

LOGIN TO THE MARATHON HEALTH PORTAL FOR MORE DETAILS
my.marathon-health.com

VISIT THE BE WELL WEBSITE FOR WELLNESS RESOURCES
cretex.com/bewell

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

FEATURED ACTIVITY

Take time to view the Be Well Site and fill out the response form to the right of this text box.

How to Participate: Scan the Teams Form 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 incentive.

Activity Form



<https://bewell.cretex.com/1223>