2025 MAY
Physical Fitness & Mental Health Month

CRETEX be well

May is physical fitness and mental health month. Incorporating more movement in your week can have a positive effect on your mental health. By incorporating more daily movement and mental well-being coping strategies, you will find that you will not only feel better but your brain may think more positively. Throughout this communication you will find tools to support both your mental & physical health.

SupportLinc Employee Assistance Program
A no-cost resource separate from the Cretex medical plan. Resources Include:
- Short-term counseling: Employees have access to up to five (5) in-person or virtual no-cost counseling sessions.
- Mindstream: A fitness studio for your mind that includes engaging sessions to help you improve your life skills and emotional health.
    - Online: https://www.supportlinc.com   group code: cretex
    - You can also download the eConnect Mobile app for convenient access

Marathon Health Resources - Workshops and Health Wise
For more learning opportunities, access Marathon Health's workshops and the Health Wise resource hub. Follow the prompts below after logging in via the Marathon Health portal:
- Resources > Health Wise
- Resources > Wellness Workshops

Marathon Health Portal
bewell.cretex.com/marathon

Additional Resources

Exercise and Mental Health
https://bewell.cretex.com/Exercise_0525

Physical Plan Basics
https://bewell.cretex.com/Physical_0525

How to Move More
https://bewell.cretex.com/Move_0525

MOVE YOUR WAY.

Check out the free Move Your Way Activity Planner resource page to get support with staying motivated and building an activity plan based on your needs and goals. This resource is part of May's featured activity!

Move Your Way Activity Planner
https://bewell.cretex.com/Activity_0525

HealthPartners Frequent Fitness
Get rewarded for staying active! Cretex employees enrolled in a HealthPartners medical plan can take advantage of the Frequent Fitness program, which offers reimbursements for regular gym visits.

HealthPartners Frequent Fitness

LifeMart: Active and Fit Direct
Find fitness options that fit your lifestyle! As a Cretex employee, you have access to exclusive discounts through LifeMart, including Active & Fit Direct and other gym and virtual fitness memberships. To view options:
1. Sign into ADP
2. Navigate to LifeMart > More > Gyms & Virtual Fitness
3. Brows for great available discounts!
    - Use code FITNESSGOALS at checkout to waive the enrollment fee.

MERSC
Looking for ways to stay active while still having fun? Cretex employees can take advantage of MERSC discounts on heart-healthy activities like fitness classes, recreational sports, outdoor adventures, and so much more! To register or renew your membership for 2025, visit www.MERSC.com > Register/Renew Membership. Use the discount code: MN25CREX, and select Cretex as your company.

2025 Incentive Information
Earn an opportunity to order an item from our **new** online incentive store for every **three months** you participate in our monthly wellness activities (months need not be consecutive).

Maximize your opportunities to order from the incentive store by participating in all 12 monthly activities and completing your annual HRA. You will find the activity information in this very newsletter each month!

Reach out to your Be Well Champion for more details!

VISIT THE BE WELL WEBSITE AT BEWELL.CRETEX.COM:
Monthly Activities, Wellness Resources and Monthly Newsletter Archive

COMPLETE YOUR HRA IN THE MARATHON eHEALTH PORTAL
To complete your Health Risk Assessment (HRA) on the Marathon eHealth Portal. Click on "MyHealth" then "Questionaires"

Featured Activity

Participate in this month's activity by viewing and utilizing the ★ **Move Your Way Activity Planner** resource and respond to the Teams form.

Reach out to your Be Well Champion if you would like a paper copy of the Microsoft Forms quiz to fill out.

https://bewell.cretex.com/Form0525

CRETEX Companies