

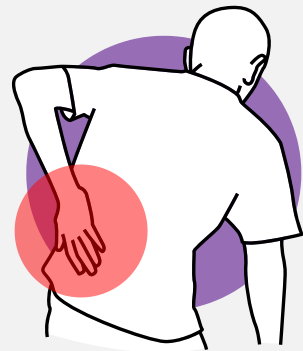
2025 JULY Musculoskeletal Health



Chronic Physical Pains Impact Your Mental Health

People who experience on-going or chronic physical pain, can see negative impacts to their mood and overall mental health. Continuous pain can be disheartening and cause on-going stress which can also lead to worsening pain.

This can be a vicious cycle but know you are not alone and there is help available to help you navigate through the psychological and physical pain.



On the right hand side of this communication you will find benefits that address and support both your physical and mental well-being. If you have any questions about these benefits, please reach out to your local HR team members.

Tips to Support Your Musculoskeletal Health

Smart Nutrition & Hydration

- Eat foods rich in calcium, vitamin D, magnesium, and protein to support bones, muscles, and connective tissue.
- Hydrate well—muscles are ~75% water, and hydration helps joints move smoothly.

Move with Purpose

- **Cardio:** Activities like walking, dancing, and stair-climbing build bone strength and reduce stiffness.
- **Strength Training:** Use resistance bands or weights to maintain muscle and bone density.
- **Stretching:** Yoga, Pilates, or simple daily stretches improve flexibility and prevent injury.

Posture & Ergonomics

- Set up your desk to support your spine—feet flat, knees at 90°, monitor at eye level.
- Use proper lifting techniques: bend your knees, keep your back straight, and lift with your legs.

Recovery & Injury Prevention

- Prioritize sleep and stress management—they're key to muscle recovery and overall function.
- Warm up before activity and cool down after to avoid strain and soreness.

Check out more tips on supporting your musculoskeletal health at:

https://bewell.cretex.com/Musculo_0725



Check out these videos demonstrating how to properly stretch to help prevent strains and fatigue:

Seated Stretch: <https://bewell.cretex.com/seated-stretch>

Standing Stretch: <https://bewell.cretex.com/standing-stretch>

Featured Activity

Participate in this month's activity by exploring either SupportLinc or Hinge Health through the Microsoft Form and sharing your feedback.

The form will be available from July 1st to July 31st.

If you have any questions or difficulty accessing either SupportLinc or Hinge Health, reach out to your Be Well Champion!

HealthPartners Members - Hinge Health

Hinge Health is a digital program for exercise therapy without leaving home. There are no copays and no office visits. Reduce your back and joint pain in just 15 minutes/day – at no cost to you! **Your Hinge Health benefit is 100% covered for members 18 and older who are enrolled in our Cretex medical plan.** Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free

Enroll today by calling **855-902-2777** or at:



Hinge Health

<https://bewell.cretex.com/hinge-health>

SupportLinc

SupportLinc is a no-cost, confidential resource available to **all** employees, household members, and qualified dependent children under 26 living outside their house.

- **Short-term counseling**
 - Access up to five no-cost in-person or virtual (video) counseling sessions to resolve emotional concerns such as stress, anxiety, depression, burnout or substance use.
- Contact SupportLinc 24/7/365 via any of the following:
 - **Call** 888-881-5462 or **Text** the word "Support" to 51230
 - **Ask the Expert:** complete a short form and SupportLinc will contact you directly.
 - **Schedule a 1:1 call:** Use the Work Life Scheduler to make an appointment, for a date and time convenient for you, with a qualified professional.

- **Get started:** visit: <https://bewell.cretex.com/SupportLinc> or scan the QR code: Group code: **cretex**



2025 Incentive Information

All Cretex Employees are encouraged to participate in fun, healthy activities throughout the year regardless of disability status or health coverage. Employees who are unable to participate in wellness activities due to a disability should contact HR for alternative activity options.

Earn an opportunity to order from the new incentive store for every 3 monthly activities you complete (non-consecutive months are OK). You'll receive ordering info when you qualify.

Maximize your opportunities by completing every activity, and by completing your annual HRA. Monthly Be Well newsletters include activity instructions.

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 "Questionnaires"



<https://bewell.cretex.com/Form0725>