

2025 AUGUST Family Well-being



Our biological or chosen family play a vital importance in our lives. Positive relationships are essential for physical and mental well-being—they promote longevity, reduce stress, and lower disease risk. This month, we would like to highlight resources available for you and your family.

Resources for You and Your Family



LifeMart is a discount program available to all employees that offers exclusive deals on a wide range of products and services. You will find deals on topics like:

Child care, family safety, senior care & products, and pet care.

To get access to LifeMart and view the discounts available, follow the below instructions:

Login to ADP > My Perks > LifeMart > More > Family



SupportLinc offers expert guidance to help you and your family address and resolve everyday issues. This resource is available to all employees and dependents under 26.

Resource highlight: Work-Life Scheduler

Schedule an appointment to receive support in finding resources for daily needs, including child care, housing, food and transportation.

Online: www.supportlinc.com Code: cretex



Wishbone is our provider for pet insurance, and is accepted at any vet in the U.S., including emergency hospitals. Their simple online claims process means you get your money back fast, whether it's for routine care or an accident. Available plans include Accident & Illness and Wellness Coverage. For more information follow the link below:

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

New Parent Benefit and Resource Guide

Are you expecting or have recently welcomed a new child into your family? The New Parent Benefit and Resource Guide is here to help you navigate your benefits—like parental leave, adding a child to insurance, childcare resources, financial planning tools, and more—to support your family during this exciting transition.

Check out the guide [here](#) or scan the QR code. If you need further help or resources, reach out to your HR representative or Be Well Champion.



Thumbs Up 5k Sign-Ups

The date this year for the Thumbs-Up 5k is Saturday September 20th. Register using following the link: go.cretex.com/ThumbsUpTeam and click “Register for Event” on the right side of the page.

Sign up for the Thumbs-up 5k by August 25th to get an event t-shirt and be one of the first 50 to sign up and you will be able to sign up for free using the code **MEDICAL50**

All employees and family members who sign-up with the Cretex team will receive a Cretex t-shirt



Featured Activity

Participate in this month's activity by checking out the activity guide and completing the Fresh Air Family Challenge activity tracker and filling out the Microsoft Form (open from August 18th to September 2nd) to log your activity completion.

If you have any questions or would like a paper copy of the activity tracker, reach out to your Be Well Champion!

Fresh Air Family Challenge

This month's wellness challenge is all about soaking up the sunshine, moving more, and spending time with the people closest to you. The **Fresh Air Family Challenge** encourages you to step outside — whether it's walking with a friend, exploring a new trail with your dog, or visiting one of Minnesota's many beautiful nature centers.



This August, we're focusing on the **social and physical pillars** of Be Well through simple, family-friendly activities that support your mood, energy, and relationships. No matter how you choose to get outside, every shared moment of movement and connection contributes to your family's overall well-being.

You'll have the opportunity to track your weekly activities and reflect on meaningful moments along the way. It's a chance to be present, have fun, and make wellness a shared experience!

Tracker



https://bewell.cretex.com/FreshAir_Tracker

Guide



https://bewell.cretex.com/FreshAir_Guide

★★★★★ 2025 Incentive Information ★★★★★

Everyone is encouraged to participate in fun, healthy activities regardless of disability status or health coverage. If you are unable to participate in wellness activities due to a disability, contact HR for alternative options.

Earn an opportunity to order from the **new** incentive store for every **three months** of 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 and see the new incentive items that can be earned!



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/Form0825>