

2025 OCTOBER Women's Health Month



Addressing women's unique health needs can help to prevent disease, promote early intervention, and support all the various phases of a women's life. By focusing on women's health, we create a stronger, more resilient communities for everyone.

Cancer Screening

Routine screenings are one of the best ways to catch cancer early. Take a few minutes to complete a cancer risk assessment — for yourself or to encourage someone close to you.



Cancer Risk
Assessment Tool

Women's Health: Cancer Screenings & Resources Flipbook

Early detection saves lives. The Cancer Screening Flipbook provides age-based screening guidelines, benefit details, and resources for care, support, and prevention.

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.



Women's Health: Cancer Flipbook

Menopause

Menopause is a normal life stage, but it can bring questions and challenges. These trusted resources can help you understand symptoms, explore options, and connect with specialists for yourself or to support a loved one.



Find a Menopause
Practitioner



My Menoplan

Prenatal Care

Welcoming a baby is exciting, and prenatal care is key for a healthy parent and child. HealthPartners offers in-network programs to guide families through pregnancy with education and support.



Pregnancy Support
and Resources

HealthPartners Blog - Women's Health

Health education benefits everyone. Explore reliable articles on preventive screenings, family planning, mental health, and more.



Health Partner's
Women's Health Blog

Cretex U Learning Opportunities – Women's Health

This month's featured course highlights preventive health for women. Expand your knowledge, gain practical tools, and support well-being for yourself and those around you.

- Available sessions: Women's Health Part 1 & Women's Health Part 2
- Log into ADP> Learning section> Health & Wellness Catalog or search the video titles

Marathon Preventive Health - Female

As a woman it is important to know what you are at risk for and how to best take care of yourself. This two week workshop will teach what preventative screenings are necessary as well as other recommendations for a healthy life.

[Resources > Wellness Workshop > Preventive Health Female.](#)

SupportLinc

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

- 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 reach out.
 - 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 ★★★★★

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](https://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"

Featured Activity

Participate in this month's activity by participating in either the Marathon Wellness Workshop found in the directions above, and/or watching the women's health video in the LMS then completing the Microsoft Form to the right.

If you have any questions reach out to your Be Well Champion!



<https://bewell.cretex.com/Form1025>