

2025 SEPTEMBER Thumbs Up 5k & Suicide Prevention Month



Cretex U Learning Opportunities

Expand your knowledge and strengthen your well-being through upcoming and on demand courses in Cretex U. These resources are designed to build awareness, provide practical tools, and help you support both yourself and others:

- Mental Health 101 (Virtual Session – available anytime)
- Cretex Employee Assistance Program Overview
- November Mental Health First Aid Class
- And more!

Log into [ADP](#), go to the Learning section, and search for the courses above or explore additional options in the course catalog.

Thumbs Up 5k - Saturday, September 20th

Walk, run, or cheer - take part in raising awareness for mental health and suicide prevention at the annual Thumbs Up walk.



Cretex is once again a sponsor for the event which means the cost of registration will be covered for the first 50 employees to register.

To register, visit: go.cretex.com/ThumbsUpTeam or scan the QR code and click “Register for Event” on the right side of the page.



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

Directions: Lake Orono Park – 18599 Gary Street, Elk River, MN 55330



Featured Activity

Participate in this month’s activity by participating in the Thumbs Up 5k/10k or complete one of the other activities listed in this month’s Microsoft Form then go ahead and complete the form to track your completion!

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

988 Suicide and Crisis Lifeline

988 offers 24/7 judgment-free support for mental health, substance use, and more.

- Call or Text 988 to get connect with a crisis counselor.
- You can also chat with them online: <https://chat.988lifeline.org/>

To learn more about what its like when you call, view 988’s frequently asked questions (FAQ) page: go.cretex.com/988faq



M Health Fairview Mental Health Trainings:

As part of the monthly activity, or on your own, take a mental health course with the University of MN. Check out the flyers below to sign up!



3rd and 4th Quarter Course Flyers



Fall 2025 CLSC Flyer

Live Well Work Well

August is recognized as National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects against severe illnesses and complications of vaccine-preventable diseases. Such illnesses include measles, polio, hepatitis, meningococcal meningitis—and now, COVID-19. Vaccinations are so vital that the CDC offers immunization schedules to help you understand if you or other loved ones are up to date on vaccinations: Infants and children (birth to age 6), preteens and teens (ages 7 to 18), adults (ages 19 and older), pregnant women (before, during and after pregnancy). Talk to your doctor for more information on vaccines or to learn more about which ones you may need.

2025 Flu Shot Clinics are Here!

Flu shots are FREE for employees. Special clinics will be held at all Minnesota locations, check the link for your site for dates, times and signup instructions: [Be Well Clinics – Cretex Companies](#)

★★★★★ 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/Form0925>