

2025 MAY Physical Fitness & Mental Health Month



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



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

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.

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. Browse 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 "Questionnaires"



<https://bewell.cretex.com/Form0525>