

2025 NOVEMBER Men's Health Month



Men's health matters at every stage of life. It's not just about avoiding illness — keeping up with preventive screenings, taking care of your body, and supporting your mental well-being all work together to keep you healthy and strong. We're sharing resources to help you take simple steps—through movement, awareness, and open conversations about men's health.

Cancer Screening

Routine screenings are one of the best ways to detect cancer early and improve outcomes. For men, staying current with prostate, colorectal, and skin cancer screenings can make a life-changing difference. Take a few minutes to complete a cancer risk assessment for yourself or to encourage someone close to you.



Cancer Risk Assessment Tool



Men's Health: Cancer Flipbook

Men'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.

Heart Health for Men

Heart disease is the leading cause of death for men in the U.S., but many risks are preventable. Use the following link to learn about symptoms, risk factors, and reducing risk. Learn more at <https://bewell.cretex.com/HeartHealth 1125>



Heart Health for Men



Movember Site

Movember

Movember is a global movement focused on changing the face of men's health. From growing a mustache to starting conversations, Movember raises awareness about several men's health concerns. Learn more and explore stories at us.movember.com emotional well-being.



Activity Tracker

You can take part through the Be Well 60-Mile Challenge by using the activity tracker to track your miles in support of men's physical and mental well-being. <https://bewell.cretex.com/Tracker 1125>

Featured Activity

Participate in this month's activity by participating in the Move for Men's Health Challenge, Marathon's Preventative Health - Male workshop, or find one of the mustaches around your site and follow the QR code on the back!

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

Cretex U Learning Opportunities – Men's Health

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

- Log into ADP> Learning section> Health & Wellness Catalog or search the video titles for the Men's Health video

Marathon Preventive Health - Male

As a man 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. Check it out at my.marathon-health.com.

Sign in > Resources > Wellness Workshop > Preventive Health - Male

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, Text the word "Support" to 51230, or email info@curalinc.com
 - Ask the Expert: complete a short form and SupportLinc will reach out.

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"



<https://bewell.cretex.com/Form 1125>