



# 2026 Be Well Program Guide

*Effective: Jan. 1, 2026 – Dec. 31, 2026*

# 2026 Be Well Program



At Cretex, our mission is to make the pursuit of health & wellness a priority for everyone. Our goal is to shine a spotlight on health & wellness and make our workplace more conducive to healthy choices and supportive of a healthy lifestyle.

In 2026, the Be Well program will feature quarterly themes centered around the five pillars of well-being: Mental, Physical, Social, Community, and Financial through activities and group challenges across the organization. All Cretex employees are encouraged to participate in fun, healthy activities throughout the year regardless of disability status or health coverage. Employees who are unable to participate in wellness activities due to a disability should contact HR for alternate activity options.

<b>Q1 – Mental Wellness</b> <ul style="list-style-type: none"><li>Recharge and refocus with activities that promote mindfulness, stress management, and emotional well-being.</li></ul>	<b>Q2 – Social/Community Wellness</b> <ul style="list-style-type: none"><li>Strengthen your sense of connection through activities that encourage building relationships and giving back.</li></ul>
<b>Q3 – Physical Wellness</b> <ul style="list-style-type: none"><li>Prioritize movement and healthy habits with activities designed to help you feel your best.</li></ul>	<b>Q4 – Financial Wellness</b> <ul style="list-style-type: none"><li>Build confidence in your financial future with tools and activities focused on budgeting, saving, and long-term planning.</li></ul>

**You will receive communications each quarter sharing individual and team-based activities and challenges**

Cretex will continue working with Marathon Health to provide the Marathon eHealth Portal and the Be Well Health Centers in Coon Rapids and Brooklyn Park, MN. Additionally, there will be opportunities on site at our Dassel and Bloomington locations for wellness screens.



## Marathon eHealth Portal: [my.marathon-health.com](https://my.marathon-health.com)

The Marathon eHealth Portal is the tool employees and covered spouses will use to schedule their Biometric Screenings and complete their Health Risk Assessment (HRA).

You can access the portal from any computer, tablet, smartphone or mobile device that has access to the internet. You can also use the portal to schedule and view upcoming appointments, review health results, and securely contact your Marathon Health provider.

## Be Well Health Centers

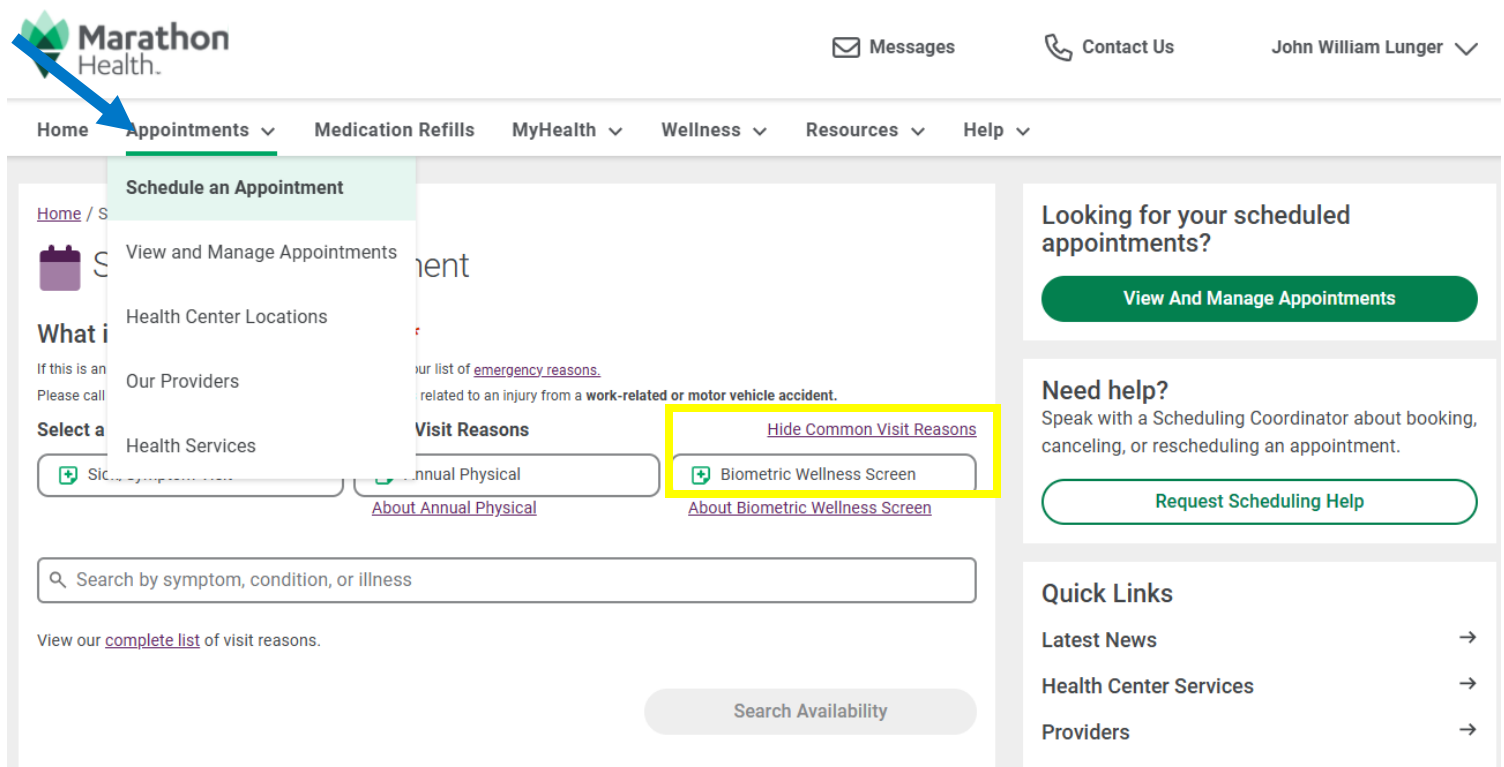
<b>Locations</b>	<u>Coon Rapids</u> : 8600 Evergreen Blvd., Coon Rapids, MN 55433 <u>Brooklyn Park</u> : 8701 95 <sup>th</sup> Ave. N., Brooklyn Park, MN 55445
<b>Contact Information</b>	<ul style="list-style-type: none"> <li>Phone: 763-260-5113</li> <li>Website: <a href="https://my.marathon-health.com">my.marathon-health.com</a></li> </ul>
<b>Hours</b>	<u>Coon Rapids</u> : Mon: 7am – 4pm CT   Wed: 7am – 5pm CT   Fri: 7am – 2pm CT <u>Brooklyn Park</u> : Tues 7am – 5pm CT   Thurs 7am – 4pm CT <i>*Closed Daily: 11am-12pm CT</i>
<b>Who's Eligible?</b>	<ul style="list-style-type: none"> <li><u>ALL</u> Cretex Companies employees (you do not have to be on our medical plan)</li> <li>Spouses &amp; Dependents (ages 2 &amp; up) who <u>are on</u> our Cretex Companies medical plan</li> </ul>
<b>What's the Cost?</b>	<ul style="list-style-type: none"> <li>\$20.00/visit for primary/acute care (including prescribed prescription, if available at the center)</li> <li>Preventative care &amp; health coaching are <b>no cost to you!</b></li> </ul>
<b>Paid Time?</b>	You will be required to clock out to go to your appointment. You can then clock back in when you return to work.
<b>Questions?</b>	For general questions about your Marathon eHealth Portal please contact the <b>Marathon Health Help Desk</b> at <b>888.490.6077</b> (available Monday through Friday 7AM -7PM CT).

# Biometric Screening & HRAs

Employees and covered spouses can log into Marathon's eHealth Portal to complete their Health Risk Assessment (HRA) or schedule an appointment for a Biometric Wellness Screening at one of two of Cretex's Be Well Health Centers located at the Brooklyn Park and Coon Rapids sites. There is no deadline to complete the HRA or Biometric Screening each year.

- Quarterly incentive drawings will be held for all employees who complete their Biometric Screening.
- Employees can complete their Biometric Screening and/or HRA multiple during a year but will only be eligible to have their name entered into the drawing once per year upon completion of the Biometric Screening.

Visit Marathon's eHealth Portal: <https://my.marathon-health.com>



The screenshot shows the Marathon Health eHealth Portal. The 'Appointments' menu is open, displaying options such as 'Schedule an Appointment', 'View and Manage Appointments', 'Health Center Locations', 'Our Providers', and 'Health Services'. The 'Visit Reasons' section is highlighted with a yellow box, showing 'Annual Physical' and 'Biometric Wellness Screen' options. A search bar is visible at the bottom with the text 'Search by symptom, condition, or illness'. The right sidebar contains sections for 'Looking for your scheduled appointments?' with a 'View And Manage Appointments' button, 'Need help?' with a 'Request Scheduling Help' button, and 'Quick Links' for 'Latest News', 'Health Center Services', and 'Providers'.

# Internal Well-Being Site

- Visit our website at: [bewell.Cretex.com](http://bewell.Cretex.com)
- Seamless connection to our wellness partners including Marathon Health, Health Partners, Principal, and New York Life

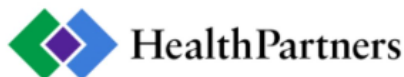


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## Cretex Employee Health & Wellness Resources



Be Well Health Center by Marathon Health



HealthPartners



Principal



New York Life



Optum



EyeMed



SupportLinc



Wishbone



Hinge Health



# Internal Well-Being Site

- Access resources on mental health, physical health, caregiver resources, financial wellness, and more.



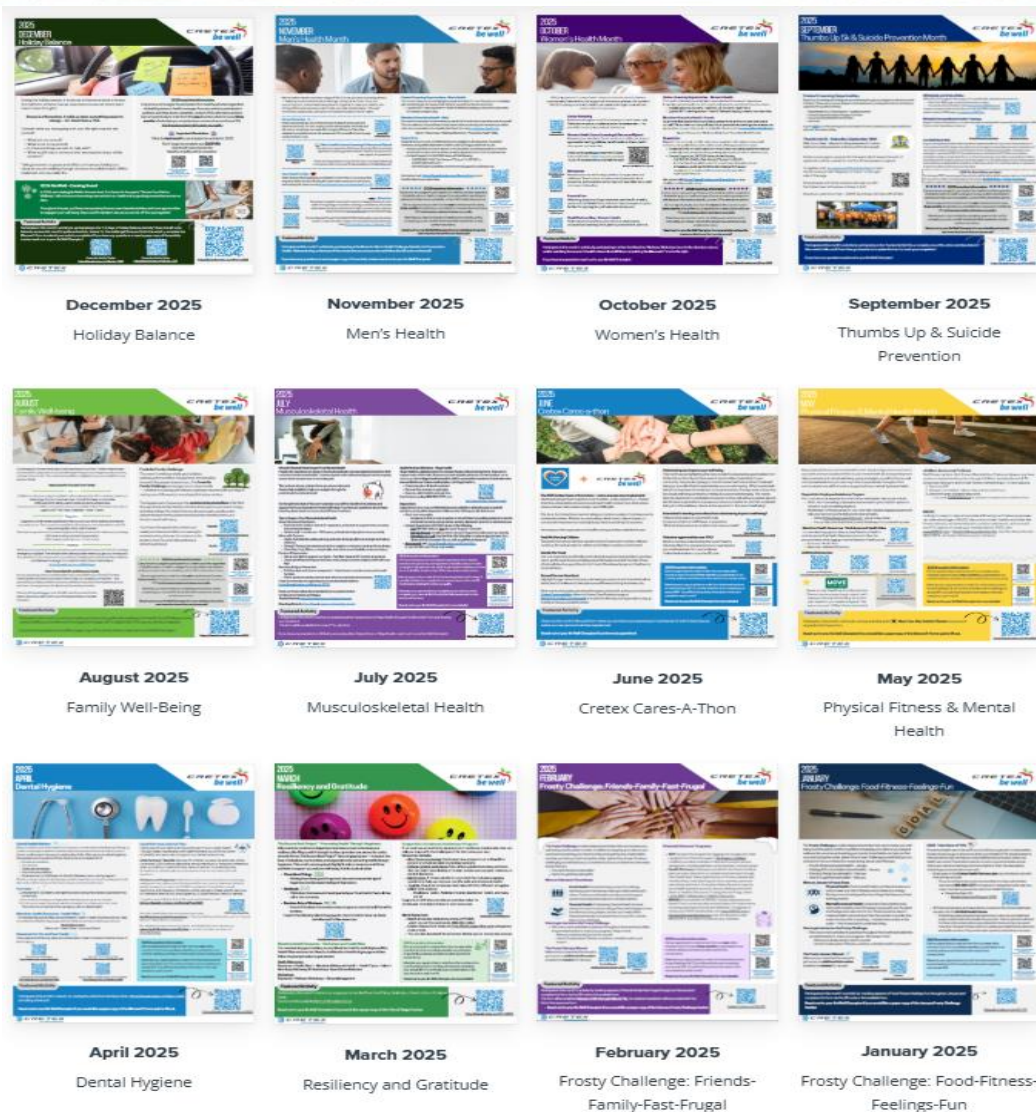
[VIEW THE BE WELL PROGRAM GUIDE](#)

[VIEW ALL BE WELL BLOGS](#)

[VIEW THE CRETEX CARES PAGE](#)

# Internal Well-being Site

- Access the newsletter archive for all past newsletters with information and links to resources.



# Meet the Be Well Champions



If you have specific questions about this year's program, then please contact your location's Be Well Champion:

- **Cretex Corporate**

- Stacie Sayre (Executive Support)
- Heather Schultz (Program Lead)
- John Lunger (Program Assistant)
- MaryBeth Schmitt
- Jessi Blauert

- **Cretex Materials**

- Valerie Healey

- **Cretex Specialty Products**

- Rus Lyons

- **QTS**

- Laura Johnson

- **rms Company**

- Kassie Peterson (Coon Rapids)
- Libby Korby (Coon Rapids)
- Emily Goeltl (Anoka)

- **Cretex Medical – CDT**

- Linda Harmon (Brooklyn Park, MN)
- Courtney Levine (Brooklyn Park, MN)
- Sandy Armstrong (Dassel, MN)
- Julia Leung (Dassel, MN)



***Interested in joining this team?***

Contact your location's Be Well Champion or email:

Heather Schultz: [HMSchultz@cretex.com](mailto:HMSchultz@cretex.com)

John Lunger: [JWLunger@cretex.com](mailto:JWLunger@cretex.com)