



Q3 Focus: Physical Wellness

This quarter, Be Well is focusing on physical wellness and the everyday choices that help employees feel, move, and live well. Physical wellness can look different for everyone. It may mean scheduling a preventive screening, getting outside more often, stretching during the workday, choosing more nourishing meals, or learning how to better care for your body. This quarter is about finding small, practical steps that support your health in a way that works for you.

Preventive Care: Stay ahead of your health through annual visits, biometric screenings, and recommended preventive screenings.

Outdoor Wellness: Get outside when you can. Walking, biking, gardening, or taking a short break outdoors can support movement and wellbeing.

Skin Health & Cancer Screening: Protecting your skin and staying current with recommended screenings are important parts of preventive care. Review the men’s and women’s Cancer Screening & Resources Flipbooks for age-based guidelines, benefit details, and helpful resources.

[Women’s Health: Cancer Flipbook](#)



[Men’s Health: Cancer Flipbook](#)



Healthy Eating: Focus on small, realistic choices like adding fruits and vegetables, drinking water, and planning balanced meals.

Stretching: A few minutes of stretching or mobility work can help support flexibility, comfort, and daily movement. Check out the following videos and printable guide demonstrating how to properly stretch to help prevent strains and fatigue:

Seated Stretch Video: <https://bewell.cretex.com/seated-stretch>

Standing Stretch Video: <https://bewell.cretex.com/standing-stretch>

Check out the Hinge Health physical therapist-approved exercises by scanning the QR code or ask your Be Well champion for a copy of either the sitting or standing card to keep at your work station!



[Desk Stretches](#)



[Standing Stretches](#)

Activities

Be Well activities will be onsite at each location. See the list below to check out what is going on this quarter at your location. Look out for monthly communications on upcoming activities and connect with your site’s Champions for more information!

Elk River

- Walking Club (July 1 - September 30)

rms - Coon Rapids & Anoka

- Step Challenge (August 24 - September 30)
- Fruit & Healthy Snacks (July 15)
- Desk Stretches Activity

CDT - Brooklyn Park

- Fruit and healthy snacks (Week of July 13)
- Indoor Walking Activity (August 1 - 31)
- Workout Room Open House (September - Date TBD)

QTS - Bloomington

- Yard Games (July 1)
- Fruit and healthy snacks (July 14)
- Fun Walk/Run (September 24)

CDT - Dassel

- Fruit & Healthy Snacks (Week of July 13)
- Step Challenge (August 24 - September 30)
- Skin Health Activity (August 1- 31)

HealthPartners Members - Hinge Health

Hinge Health is a digital program for exercise therapy without leaving home. There are no copays and no office visits. Reduce your back and joint pain in just 15 minutes/day – at no cost to you! **Your Hinge Health benefit is 100% covered for members 18 and older who are enrolled in our Cretex medical plan.** Join Hinge Health to:

- Overcome pain or limited movement
- Recover from a recent or past injury
- Keep your joints healthy and pain free

Enroll today by calling 855-902-2777 or at:



[Hinge Health](#)

Be Well Physical Wellness Resources

Find physical wellness resources and other helpful tools on Cretex’s Be Well page: <https://www.cretex.com/physical-wellness-resources/>

Thumbs Up Event - Saturday, September 19th

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

Completing your Biometric Screening enters you into an incentive drawing. Quarterly drawings will be held for all employees who have completed their biometric screening the preceding quarter.

- You may schedule more than one biometric screening in a year, but are only eligible to participate in one drawing.



SCHEDULE A FREE BIOMETRIC WELLNESS SCREENING AT EITHER OF OUR ONSITE CLINICS

Click on "Schedule an Appointment" then "BioMetric Wellness Screen" in the Marathon eHealth portal to get started. Once employees complete their screen, they will be eligible for a reward!



VISIT THE BEWELL WEBSITE AT BEWELL.CRETEX.COM

Quarterly Activities, Wellness Resources, and Monthly/Quarterly Newsletter Archive