



A collaborative approach

Did you know Marathon Health helps you coordinate your care to make efficient use of the right providers and eliminate unnecessary visits? That way you don't waste time at multiple appointments. Ask us how we can help!

Un enfoque colaborativo

¿Sabía que Marathon Health lo ayuda a coordinar su cuidado para hacer un uso eficiente de los proveedores adecuados y eliminar las consultas innecesarias? Así no perderá tiempo en consultas múltiples. Pregúntenos cómo podemos ayudarlo.

CreteX Companies + Marathon Health

Be Well Health Center

As part of our investment to improve the health and well-being of our employees, we are continuing our partnership with Marathon Health and added another CreteX Be Well Health Center in Brooklyn Park. All CreteX employees, regardless of health plan coverage, are eligible to use the health center. Spouses and dependents ages 2+ must be on a CreteX health plan to be eligible for services.

Services provided through Marathon Health include preventive care, acute (sick) care, health coaching, chronic condition management, lab services and HazMat exams. Appointments are available in-person or virtually at times that are convenient to you. And the best part – services are available to you at little to no cost.

HRA Reminder

Complete your 2024 Health Risk Assessment Questionnaire (HRA) and choose either a wireless cell phone charger or blanket. Only one submission per year is eligible for the incentive. To access the HRA, log into your account via the Marathon portal, then select **MyHealth > Questionnaires**.

If you have already completed your 2024 HRA, schedule a **Comprehensive Health Review** on the Marathon Portal with the Be Well Health Center team.



How to Participate This Month



Visit one of our **Open House** events and be entered into a drawing for a gift basket. Stop by to tour the clinic and learn more about the services provided!

Brooklyn Park Be Well Health Center:
Tuesday, July 23* and Thursday, July 25*

Coon Rapids Be Well Health Center:
Monday, Aug. 5* and Friday, Aug 9*



Scan for more details!

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

Open House Times: 8:00am-10:00am and 2:00pm-4:00pm for all dates.

Activity

Participate in the **Hydration Challenge**. Log into your account on the Marathon portal and select **Wellness > Challenges**. By staying well hydrated, you are supporting vital functions in your body! On average, adults lose almost 10 cups of water/day simply by doing everyday tasks such as sweating, breathing and going to the bathroom. Electrolytes are also lost. These minerals, which include sodium, potassium and calcium, maintain the balance of fluids in the body!

Scan here for more details on the challenge

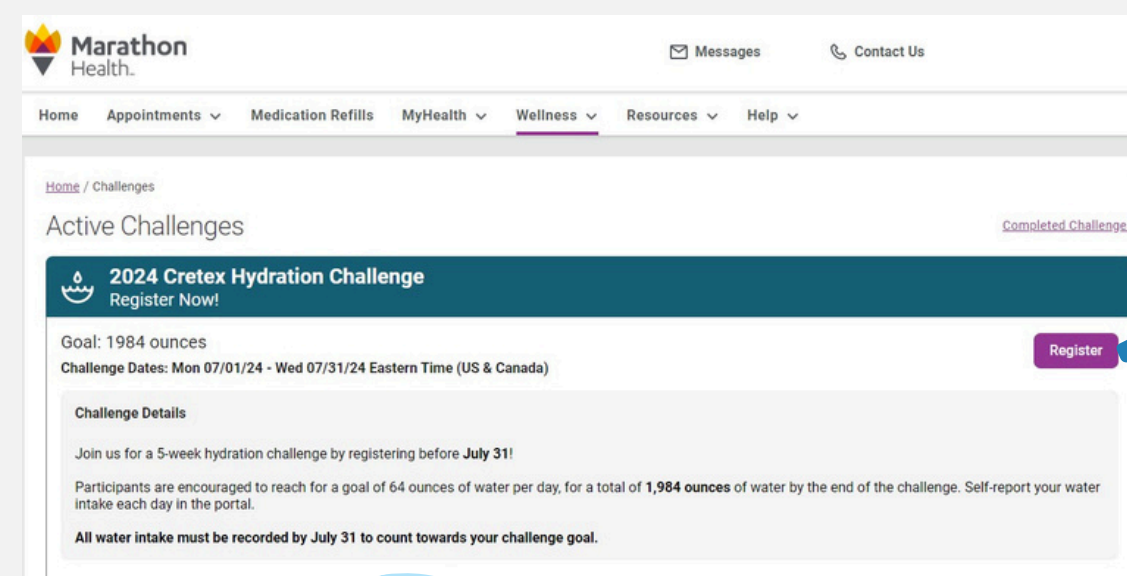


bewell.cretex.com/Hydrate



Scan here to log into the Marathon portal

bewell.cretex.com/marathon



Register to start tracking!

Track 64 oz per day for a minimum of 20 days in July to be eligible for the incentive!

