



We CAN DO it!

Science has shown the below five areas can have a significant impact on our health when we take the opportunity to engage in them!

- **C**onnect - connect with other people (eg. call an old friend or family member)
- (Be) **A**ctive - move your body (eg. go for a run/walk/swim/dance/etc)
- **N**otice - take notice of the environment around you (eg. turn off your phone for an hour and look around)
- **D**iscover - learn something new (eg. read a book you haven't read before, or take a class)
- **O**ffer (or give) - do something for someone else (eg. volunteer for a local community group)

For this month's activity, we want to focus on **CAN DO!** If you identify as a woman or you are supporting a woman in your life, we want to provide resources for well-being! Check out the bottom of this communication for more information. Let's support the women in our lives this month!

Marathon Health Workshop - Preventive Health Female

As a woman it is important to know what you are at risk for and how to best take care of yourself. This two week, self-paced workshop will teach what preventative screenings are necessary as well as other recommendations for a healthy life. To access this workshop, head to the Marathon Health's login page and click on:

[Resources>Wellness Workshop>Preventive Health Female](#)

Interested in participating in more workshops? Marathon Health has additional topics like: personal goal setting, sleep, and stress management.

Featured Activity

This month, we want you to focus on CAN DO! for yourself or for the women in your life! To complete the activity, you will take part in some of the aspects of CAN DO! Scan the code or use the link to review and respond to the reflection questions to be eligible for the incentive. This activity will allow participants to reflect on each area of CAN DO!



<https://bewell.cretex.com/1024>

Domestic Violence Awareness

Over 1 in 3 women (35.6%) and 1 in 4 men (28.5%) in the US have experienced physical violence and/or stalking by an intimate partner in their lifetime.

Support is available, you are not alone.

Free, confidential support, available 24/7

Call 1-800-799-SAFE (7233) TTY 1-800-787-3224

Text "START" to 88788

Online chat: <https://www.thehotline.org/#>

Get connected to local resources at:

<https://www.thehotline.org/get-help/domestic-violence-local-resources/>



Breast Cancer Awareness

According to the American Cancer Society, breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers each year.

To get access to resources and more information on breast cancer, head to: bewell.cretex.com/cancer_resource_0924



Prevention is Key

Did you know that the Cretex medical plan through Health Partners covers routine mammograms at 100% in-network, as part of the Women's Preventative Health Services? Also, if your provider determines you need a follow up mammogram, that too will be covered at 100% in-network. Contact HP Member Services with any additional coverage questions at 952-883-5000.

Flu Shots

Our 2024 Flu Shot Clinic schedule is posted on the Cretex Be Well website!

https://bewell.cretex.com/flu_shots_24