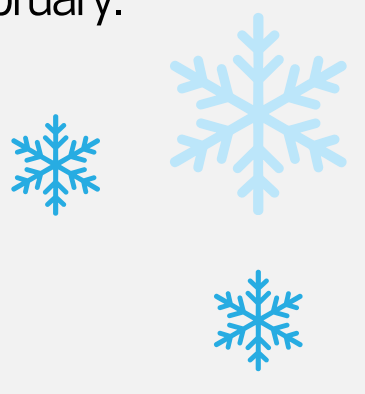




The **Frosty Challenge** provides ideas and activities that can increase your well-being over the winter months. In addition to keeping up to date on your general wellness like vaccines and washing your hands, these habits can help you feel your best during the colder, darker time of year. Challenge yourself (and your co-workers) to focus on these four areas during January and February.

- Food & Fitness (physical health) – January
- Feelings & Fun (mental/emotional health) – January
- Friends & Family (social health) – February
- Fast & Frugal (financial health) – February



More on January's Focus Areas



Physical Health: Positive health habits can help decrease your stress, lower your risk of disease, and increase your energy. Moving more and eating well are two things that keep your body working properly.



Mental/Emotional Health: Understand that a healthy body starts with a healthy mind. Find ways to grow with your thoughts and feelings and make time for fun. There are better ways to measure health improvements than the number on a scale. Non-scale victories refer to anything — besides the number on the scale — that shows better overall well-being.

How to get started on the Frosty Challenge:

- Pick one or more activities to practice throughout the month and utilize the provided tracker to track your progress. Also keep in mind
 - What you're already doing to care for yourself.
 - Use the "buddy system" (friends, co-workers, or family) to add fun and support

The Frosty January Manual

Make sure you download the manual to get access to **additional information** as well as the **tracker** for January!



Frosty Manual:
Bewell.cretex.com/Frosty_0125



Tracker:
bewell.cretex.com/Track_0125

2025 Take Care of YOU

Preventive health care is the stuff you do, before you get sick, to stay healthy. So why should you go to the doctor when you're healthy? The simple answer is that preventative care can help you stay healthier and, as a result, lower your health care costs. Preventative care is no cost to you and includes annual check-ups, cancer screenings, and immunizations. Start the new year by scheduling your preventative care visit.

- Employees on the **Cretex Health Partners plan** can schedule a visit with their primary provider.
 - If you do not have one, or are not sure where to start, call member services at **800-883-2177** to locate an in-network provider near you.
 - Learn more about preventative care from Health Partners
 - Preventive Care 101
 - Bewell.cretex.com/Prevent_0125



- All Cretex employees, and dependents covered on the Cretex health plan, can also visit the **Be Well Health Center**.
 - Scheduling a yearly physical is an opportunity to discuss your health and create a relationship with a health care provider. There is extra time allotted for these visits and providers enjoy doing them because they can spend more time. The goal of these visits is to update your health history and note any health concerns. The provider asks questions and performs an exam.

2025 Incentive Information

Earn an opportunity to order an item from our **new** online incentive store for every **three months** you participate in our monthly wellness activities (months need not be consecutive).

Maximize your opportunities to order from the incentive store by participating in all 12 monthly activities and completing your annual HRA.

Reach out to your Be Well Champion for more details!



VISIT THE BE WELL WEBSITE AT 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"

Featured Activity

Participate in this month's activity by tracking aspects of food-fitness-feelings-fun throughout January and complete the form via the QR code or link available here.

Reach out to your Be Well Champion if you would like a paper copy of the January Frosty Challenge tracker



Bewell.cretex.com/0125