March Wellness Newsletter

National Health Observance
National Nutrition Month
Colorectal Cancer Awareness Month

March’s health observances are National Nutrition Month & Colorectal Cancer Awareness Month. Check out the following UnitedHealthcare educational resources:

- Eat healthy for less
- Everyday nutrition
- Understanding colon cancer

Everyday nutrition

A person’s diet is an essential component of their current and future state of wellness. Healthy eating has many benefits. Eating a healthier diet may decrease the risk of getting diabetes, increase energy levels, improve heart health and help with weight management.

Download Everyday Nutrition Health Tips Flier (pdf)

Healthy eating tips

Although there are countless “diets” and offering food philosophies, most will agree on some basic healthy eating habits. Some healthy eating tips include:

- Eating at regular intervals
- Eating a variety of foods
- Aiming for balanced meals
- Drinking water regularly and abundantly
- Including a lot of vegetables and moderate amounts of fruits in many colors

Health Tip Flier of the Month
Mindful eating

Learning about common health topics is one way to help support your health and wellness.

Check out this month’s Health Tip Flier on Mindful Eating.

English | Spanish

Consejo de salud: Alimentación consciente

March Health Observances:
- National Nutrition Month
- Colorectal Cancer Awareness Month

UnitedHealthcare Educational Resources:
- Eat Healthy for Less
- Everyday Nutrition
- Understanding Colon Cancer
- Mindful Eating

Mindful eating

Mindful eating encourages awareness:

- What type of food do I eat?
- How much do I eat?
- How many food items do I eat?
- Why do I eat?
- When do I eat?

Mindful eating tips:

- Adaptable hunger
- Adept eating strategies
- Choose meal options

Creating a personal meal plan:

- Identify your goals
- Choose healthy meals
- Get support from friends

Mindfulness techniques:

- Eating mindfully
- Mindful eating exchanges
- Mindful eating strategies
- Mindful eating for weight loss

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Digestive health is something that is not always a focus but impacts a large portion of the population. It is estimated that 15 million people in the United States experience abdominal pain, gas and other digestive symptoms.

Click here for the Understanding digestive health education presentation. This presentation will define the importance of digestive health. It also includes the anatomy of the digestive symptoms, along with preventive measures to improve digestive health.

**Digestive Health Questionnaire**

Quiz & Answers - English
Quiz & Answers - Spanish

Click here for the entire United at Work catalog.

Next Month's Preview...

**Health Observance**
Alcohol & Substance Abuse Awareness Month
Stress Awareness Month

**Health Tip Flier of the Month**
Soothing stress

**United at Work Presentation**
Stress in the workplace