



# 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.<sup>1</sup>

[Download Everyday Nutrition Health Tips flier \(pdf\)](#)

### Healthy eating tips

Although there are countless "diets" and differing 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](#)

The image shows two overlapping versions of a 'Health Tip Flier' for Mindful Eating. The top version is in Spanish, titled 'Consejo de salud: Alimentación consciente'. The bottom version is in English, titled 'Health tip: Mindful eating'. Both fliers feature a blue header with the UnitedHealthcare logo and a fork icon. The English flier includes sections for 'Mindfulness techniques', 'Mindful eating tips', and 'Creating a personal hunger scale'. The Spanish flier includes a section for 'Cómo crear una escala de hambre personalizada'. Both fliers conclude with the UnitedHealthcare logo and a small disclaimer.

## United at Work Presentation of the Month

### Understanding Digestive Health

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

### 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



[Click here](#) for the entire United at Work catalog.