



Wellness Newsletter

March National Health Observance

National Nutrition and National Colorectal Cancer Awareness

March's health observances are National Nutrition and National Colorectal Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



- [Nutrition tips for healthy eating](#)
- [Everyday nutrition](#)
- [Mindful eating](#)
- [Colon cancer symptoms and treatment](#)

United at Work Presentation of the Month

Understanding Digestive Health



Digestion is a function your body must perform to live and thrive. However, there are many things that may lead to GI discomfort. This presentation will review the importance of “gut” health and the anatomy of the digestive system. It will also help participants understand how preventive care may help improve digestive health. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

Everyday Nutrition



Check out this month's health tip flier – Everyday Nutrition.

Available to view in [English](#) and [Spanish](#).

Health actions of the month



- Choose whole foods (Such as fresh vegetables, fruits, whole grains, lean proteins, and heart-healthy fats)
- Schedule your colon cancer screening

April preview

- Alcohol & Substance Abuse and Stress Awareness Month
- United at Work Presentation: Stress in the Workplace
- Health Tip Flier: Screen Time and Brain Health

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