



# March Wellness Newsletter

## National Health Observance

National Nutrition Month

National Colorectal Cancer Awareness Month

March's Health Observance is National Nutrition Month and National Colorectal Cancer Awareness Month. Check out the following UnitedHealthcare educational resources:

- [Dietary guidelines tips](#)
- [Eat healthy for less](#)
- [Mindful eating tips](#)
- [Colorectal cancer](#)

## Mindful eating

**Mindfulness is about paying attention, deliberately and non-judgmentally**

With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life. You may find that applying these principles to eating may help improve your relationship with food.

Mindful eating helps remove judgment surrounding your food choices. It encourages individuality within your choices. Bringing awareness to the here and now can help you be present and pay attention to the eating experience. It can help you notice your hunger cues. In this process, you are the expert, making choices from a place of inner guidance vs. external cues. Mindfulness may help you move from unconscious, reactive behaviors to awareness, which can be the first step in making a positive change.



## Health Tip Flier of the Month

### Dietary Guidelines

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

Check out this month's Health Tip Flier on Dietary Guidelines.  
[English](#)   [Spanish](#)



## Rally Mission of the Month

Stock up on Healthy Foods

[Rally Missions](#) can help you take small steps to live a healthier lifestyle. Consider completing this month's Rally Mission – stock up on healthy foods.

## United at Work Presentation of the Month

### Understanding Digestive Health

Click [here](#) for the Understanding Digestive Health education presentation where we will review the importance of “gut” health and the anatomy of the digestive system.

It will also help you understand how preventive care may help improve digestive health.



### Digestive Health Quiz

  
Digestive Health Quiz

  
Digestive Health Quiz Answers






## Understanding Digestive Health





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

### Next Month's Preview...




#### Health Observance

Alcohol and Substance Abuse Awareness Month



#### Health Tip Flier of the Month

Living Tobacco Free (English & Spanish)



#### Rally Mission of the Month

Drink in Moderation



#### United at Work Presentation

Understanding Alcohol Use & Misuse