

2025 MARCH

Wellness Care Package



National Nutrition Month

Making healthy food choices can help you feel and look your best and stay active. Eating a well-balanced diet and getting daily physical activity can also help lower your risk of developing chronic health conditions and protect against certain types of cancer.

Nutritional needs are different from person to person. It varies by age, gender, height, weight and physical activity level. Learn more with the March [National Nutrition Month toolkit](#).

National Colorectal Cancer Awareness Month

Excluding some kinds of skin cancer, colorectal cancer is the fourth most common cancer that affects both men and women. It's also the fourth leading cause of cancer-related deaths in the U.S. The good news is that colon cancer is more treatable, and sometimes curable, with early detection from screening.

There are many screening tests for colorectal cancers, and research shows that no one test is better than another at reducing the risk of dying from colorectal cancer. Learn more with the March [Colorectal Cancer Awareness Month toolkit](#).

Five to Thrive WebMD Challenge*

Monday, March 3 – Sunday Mar. 23

Eating a diet rich in fruits and vegetables has many benefits. For one, it helps you avoid unhealthy food choices, which can help reduce your risk of many chronic diseases. This challenge encourages you to eat at least five servings of fruit and veggies each day and track your intake.

[Sign up in your member portal*](#) anytime during the challenge. [Need help?](#) Get 1:1 Living Healthy help.

Move with a Doc: Healthy Weight Loss

Tuesday, March 11 | 12-12:30 p.m.

[Join Dr. Roopa Shah](#) as she guides you through weight loss strategies that focus on health, not just the scale. She'll highlight what to do and what to avoid.

Dr. Shah will also share the importance of setting realistic goals and the benefits of making long-term changes that put your well-being first.

Made from Scratch: Healthy Snacking

You can maintain a balanced diet between meals by choosing healthy snacks that are:

- Nutrient-dense
- Minimally processed, and
- Have a good balance of protein, fiber, and healthy fats

Get snack ideas and tips with [March's Made from Scratch](#).



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