

MARCH 2024

Subject: March is National Nutrition Month and Colon Cancer Awareness Month!



Gut Instincts: Colon Cancer Awareness

Colorectal cancer is now the third most common type of cancer among all adults and is becoming more prevalent in younger adults (under Age 50) than ever before. And it can be a silent disease, especially at first. Regular screenings for adults between ages 45-75 or even younger for those with a family history, are the number one way to detect it, but many adults who need screenings don't get them for a variety of reasons that won't make sense later (no time, hate the prep, etc.)

There are several types of colorectal cancer screenings, so make it a point to talk with your doctor about the appropriate test, age and frequency for screening based on your personal and family health history.

If you're currently enrolled in a TGNA UHC medical plan, visit myuhc.com to find a doctor within the **Choice Plus Network**, or call **888-332-8885** (UHC Prime Plan) or **866-314-0336** (UHC Optimal Plan).

Five (realistic) ways to eat healthier this month

March is National Nutrition Month and navigating a busy job site doesn't mean sacrificing a healthier diet. With some planning, on-the-job nutrition can be convenient and nourishing.

- **Healthy Snacking.** Opt for grab and go options like pre-cut fruits, trail mix or greek yogurt for quick energy boosts. Try to eat and snack regularly to keep your energy up.
- **Pack a balanced lunch.** Include protein, whole grains and plenty of easy-to-eat vegetables.
- **Stay hydrated!** Keep a reusable water bottle handy and make water breaks a priority. Sports drinks can provide an energy boost when needed but should be used in moderation!
- **Avoid heavy, greasy foods.** These can lead to sluggishness and discomfort while working.

By making mindful choices, you can ensure you're powering through the day with the right mix of food for sustained energy!



Real Appeal Weight Loss Program

Experienced coaches, on-demand workouts and a science approach are all designed to help you set practical, healthy goals and reach them! With the Real Appeal program, you'll receive:

- **Online Coaching.** Work with your own health coach to help you stay accountable.
- **Success Kit.** Start your health journey with a balanced portion plate, scales and an archive of online fitness content.
- **Fitness on Demand.** Access hundreds of online workouts plus nutrition tracking, inspiring messages, meditations and more! No expensive gym memberships necessary.

For more information about Real Appeal and other TGNA wellness programs, visit tggrouppenefits.com (password: TGNA; location: United States) and click on **Wellness**.

Want More Details About Your TG Benefits?

Be sure to visit our benefits website, tggrouppenefits.com
(password: TGNA; location: United States).

There, you'll find helpful information about all your benefits.