

You FIRST

Your Month of Well-being

MARCH 2025

Fuel Your Body, Fuel Your Life!

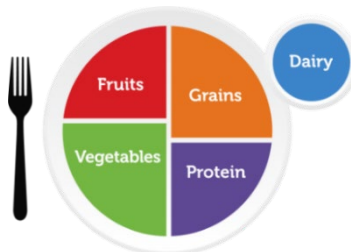
March is National Nutrition Month, a time to focus on how nutrition impacts our overall health. The food we eat fuels our bodies, sharpens our minds, and supports long-term well-being. This month, we encourage you to make nutrition a priority by building healthy eating habits and making mindful food choices that will help energize and sustain you—both at work and beyond!

Building Balanced Meals

A balanced plate gives your body the fuel it needs to perform at its best.

The MyPlate Formula

- **1/2 Plate:** Colorful **fruits** and **vegetables** for essential vitamins, minerals and fibers.
- **1/4 Plate:** **Whole grains** like quinoa, brown rice or whole-wheat pasta for steady energy.
- **1/4 Plate:** **Lean proteins** such as fish, chicken, tofu or legumes to support muscle health.
- **Healthy Fats:** Add small amounts of **nuts, seeds or avocado** for heart health.



Sources: <https://www.myplate.gov/eat-healthy/what-is-myplate>
<https://www.myplate.gov/tip-sheet/healthy-snacking-myplate>
<https://www.myplate.gov/tip-sheet/make-better-beverage-choices>

Smart Snacking

Snacking can be part of a healthy diet and help maintain energy when done mindfully. Here are smart snack ideas for you to try!

- **Protein + Fiber:** Apple slices with almond butter or Greek yogurt with berries.
- **Crunchy + Nutritious:** Carrot sticks with hummus, or roasted chickpeas for a satisfying crunch.
- **Savory + Filling:** A slice of turkey wrapped around a piece of cheese, or cherry tomatoes with mozzarella.
- **Homemade Swaps:** Replace sugary bars with homemade energy bites, made from oats, seeds and honey.

Pro tip: Prepare snacks in advance to avoid grabbing processed foods during busy moments!

Hydration and Healthy Drinks

Staying hydrated is just as important as what's on your plate. Proper hydration boosts energy, aids in digestion and improves focus. Some simple ways to stay hydrated include:

- **Meeting your water intake every day.**
 - Daily water intake recommendations vary by age, sex, pregnancy status, activity level and breastfeeding status.
- **Carry a reusable water bottle with you.**
 - Always keep hydration within reach.
- **Choose water-rich foods.**
 - Such as watermelon, cucumbers and oranges.
- **Rethink your drink.**
 - Swap out sugary beverages for healthier options.



Scan the QR code to explore the Centers for Disease Control and Prevention (CDC) tools and tips for making smarter drink choices

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

March 5, 2025: Food is Fuel, 12 p.m. ET

Your body needs the right fuel to perform its best. Join us to discuss how to power up with the right foods, boost your energy and support your health goals. What's fueling you?

Click [here](#) to register!

To access the member resources, log in to or sign up for [CareFirst WellBeing](#). Once logged in, select **Your Wellness Resources**. Next, click **Health & Fitness**, then the program of interest.

You need to meet clinical eligibility criteria through an online assessment for Noom and Eat Right Now.

CareFirst BlueCross BlueShield Member Resources

- **One-on-One Health Coaching:** As part of your CareFirst WellBeingSM program, you can participate in personal health coaching. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **Noom:** Designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. There is no cost to you, and your privacy is assured!
**AI food logging now available! Effortlessly log meals by simply taking a photo for automatic tracking or use text/voice for ultimate convenience.*
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes.
**New Mindful Eating track now available!*

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Eat Right Now is administered by Sharecare, Inc. and Noom is administered by Noom, Inc., independent companies that provide health improvement management services to CareFirst members. Sharecare, Inc. and Noom do not provide CareFirst BlueCross BlueShield products or services and are solely responsible for the health improvement management services they provide.

Blue365 Featured Deal for March

Save up to \$40 on Every Order of Fully Prepared Home-Delivered Meals! As a Blue 365 member, you'll receive special pricing starting at \$7.59 per meal and shipping included.

Click [here](#) to register for Blue365!