

March is National Nutrition Month and March Madness!!!!

Take advantage of all the learning opportunities to improve your nutrition this year and get involved in a NEW challenge!

IMPORTANT BE WELL INFORMATION – PLEASE READ

Looking to get healthy this year? Think a year-end monetary \$\$\$\$\$ award (up to \$200) sounds like an incentive?

Sign up as a Be Well user on the Be Well Wellness portal during the month of March and WIN a free pass for 2 visits to the MCC (\$20 value) and a Be Well gift! 1 Winner will be drawn at the end of the month!

Here is how to win:

- Sign up as a NEW USER on the Be Well portal during the month of March and receive 5 raffle tickets.

Already a user and want more chances to win. Do the following this month:

- **REFER** a co-worker to sign up on the Be Well portal and receive 3 raffle tickets. If you refer, email be_well@mansfieldct.org to inform.
- Sign up for **60 Days to Change** group challenge before March 19th and receive 2 raffle tickets.
- **COMPLETE** the Well-being Survey on the Be Well portal and receive 1 raffle ticket.



The February Red Heart Virtual Step Challenge was a success! Participants walked a total of 2, 413, 334 steps over the 3 weeks. AMAZING! With all those steps, the group could have walked to the tip of Florida to get some winter warmth and sunshine!

Our week #1 winner was **Kristen Zadnik** with 91,105 steps

Week #2, **Larry Barlow** hit 104,766 steps

and Week #3 **Cathy Pomerleau** walked 101, 849 steps!

As you can see, the competition grew each week and motivated them all to get out and get their daily walks in! Each week, the highest stepper won a \$25 wellness related gift card for their hard work and efforts.

If you have wanted to synchronize your Apple Watch to the Be Well Wellness portal, learn how to do it [HERE](#).

Click [HERE](#) to read the Anthem Blue Cross March newsletter!

March Employee Wellness Challenges



Nutrition Daily Victory Challenge (30-day challenge)

Earn 5 points for participating in a personal challenge

(This is a personal challenge found on your wellness portal – Let's participate as a group this month!)

To sign up, log into your Be Well Wellness portal, click on challenges, then personal challenges, then nutrition, Scroll down to find Nutrition Daily Challenge and hit join! You will have 30 days to complete the challenge. Completion is so simple - just perform one nutrition related task a day, at the end of the day log into your portal and hit the "I DID THIS" button. All participants will receive a weekly email during the month with tips on completing the challenge with success. Completing the challenge will make you eligible for a drawing of (2) 30-minute nutrition counseling sessions with a Precision Nutrition L1 Certified Coach. Email me at be_well@mansfieldct.org to let me know you are in!



National Nutrition Month Puzzle Challenge

Earn 10 points for participating in (3) staff wellness challenges during the year.

Download the 3 National Nutrition Month puzzles [HERE](#). Complete, scan and email completed items to be_well@mansfieldct.org by March 31st! Every completed puzzle will enter you into a drawing for a nutrition related wellness prize.



SIGN UP NOW!!!! 60 Days to Change Group Challenge

Earn 15 points for participating in a group challenge

Registration started February 28, 2022 and closes March 20, 2022.

Click [HERE](#) to sign up! Challenge begins March 14, 2022 and runs until May 15, 2022. Spend 8 weeks defining your monetary goals and learning how to get there. Expert financial planning by award winning financial mind, Pete the Planner. *** Earn extra wellness points during the challenge, over and above the 15 earned for participating. Tasks will be listed and completed on the Be Well Wellness portal.

March Employee Wellness Special Events



Salsa Fit @ Goodwin School

(Earn 10 points for participating in (3/6) fitness classes during the 6 week session)

Wednesdays afternoons from 4 – 4:45 pm - Goodwin School

Auditorium with Instructor Kelly Madenjian

6 Sessions held on 3/23, 3/30, 4/6, 4/13, 4/27, 5/4

Have some Salsa with your workout! This SUPER FUN class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba, and Tango inspired steps. Great music, lots of fun – you won't even know it's exercise. Sign-up by emailing be_well@mansfieldct.org by March 21, 2022. Class is limited to 25 participants. Open to all Town, BOE, EHHD, EO Smith and Mansfield Downtown Partnership employees.

NUTRITION 101

Nutrition 101

(Earn 10 points for participating in (3) wellness workshops)

Celebrate National Nutrition Month with instructor, Jessica Tracy on **Tuesday, March 15th from 5pm – 6pm** in the Community Center Community Room. Learn what “healthy eating” is. Food labels and news media can have some very confusing information that is hard to decipher. This class will talk about more than just calories and nutrients. Discussion will focus on tips to make healthy eating a habit while at the same time still being able to enjoy food! This workshop is **FREE** to all employees but pre-registration is **REQUIRED**. Email be_well@mansfieldct.org to register before March 15th.

Wellness Initiatives to Live Healthier & Happier in 2022!



Spring ahead.... Fall back! Can you believe Daylight Savings is Sunday, March 13, 2022? Many studies have revealed that daylight savings can have serious short-term implications on your health including a risk of heart attack, stroke, traffic accidents, ER visits and more. Click [HERE](#) to read how to prepare for daylight savings in a more practical, healthful way.



March is **Workplace Eye Wellness Month**. Are you maintaining and monitoring your eye health? Make a point to focus on eye health this month by doing the following:

- Book your yearly vision exam appointment. Earn **10** Be Well Wellness points for completing your exam and uploading your [healthcare visit verification form](#) or EOB to the Be Well portal.
- Stare at a computer most of the day? Watch this quick video link for preventing digital eyestrain [HERE](#).
- Wear protective eye gear when necessary! Aging and disease are not the only things that can steal your eyesight away. Injuries can as well. Therefore, your eyes need to be protected from the dangers associated with certain activities that pose a risk to your eyes. Wear safety glasses to ensure that no debris or sharp objects damage your eyes while you work.



It's **National Colorectal Cancer** month! Did you know that in 2018 the age for colorectal cancer screenings was lowered from 50 to 45? If you are at risk of colorectal cancer, schedule your screening. Preventative screenings such as a colonoscopies count toward **10** of your Be Well wellness points. Submit the date of your preventive screening exam and upload your [healthcare visit verification form](#)/EOB to your portal. Read more about Colorectal Cancer Awareness in the Anthem newsletter attached above.