

March 20 24

Stay Connected:



TWITTER @MDCPSWELLWAY



INSTAGRAM @MDCPSWELLWAY



Click to access the weblinks

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Click for more information

COLORECTAL CANCER AWARENESS MONTH

Schedule your Annual Colonoscopy and GET SCREENED!

- Age 45 or older?
- Family history of Colon Cancer?



Join the Challenge
on Saturday, March 2nd

STICK to WELLNESS

Activity Challenge
March 2, 2024 - March 22, 2024

Ready to protect your wellness? Stick to wellness in March!

The green challenge is back, and it's making waves across the workplace!

Pace off to consider it won't!

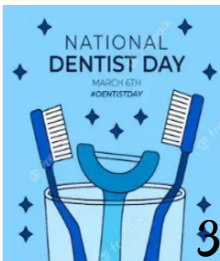
Click this link to join:
<https://bit.ly/3yTjgU1>

SUPERINTENDENT'S CHALLENGE
RACE FOR EDUCATION

PRESENTED BY Cigna.



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Have you had a dental check up recently?

Schedule an appointment to visit your dentist.

Click the link to learn more about your benefits.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	% Daily Value*
Calories 230	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	40%
Calcium 200mg	40%
Iron 8mg	16%
Potassium 230mg	46%

March is National Nutrition Month!

#NationalNutritionMonth

Academy of Nutrition and Dietetics



Quick Morning Workout

- 10 Front kicks
- 15 Squats
- 20 Crunches
- Eat A Healthy Breakfast!



Maintaining Healthy Lifestyle Changes

Learn how to stick with your goals

Click for more



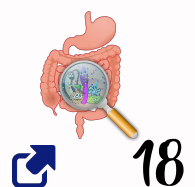
Schedule a coaching appointment with your On-site Health Coach today!



13 HEALTHY & EASY St. Patrick's Day Snacks



Know Your Gut Health



Virtual Support for a Healthy Mind

Video calls, text, phone or online tools available through myCigna.com

St. Patrick's Day Snack Board

This no-fuss super green and festive St.Patrick's Day Snack Board is a fun way to fill up with all the good stuff.



Morning Motivation

Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel!

Treat Yourself

Happy Sunday! Order some yummy take out and watch a good movie. Make time for you today!

Spring Break

March 25- 29

Step Away From Your Electronic Device

Take a break from your iPad or iPhone and go for a walk. Enjoy the sounds of nature.



QUESTIONS ABOUT YOUR BENEFITS?

Visit the Benefits website or contact us below.

Benefits Focused on YOU



Questions/Hotlines:

- Cigna: 1-800-806-3052, 24 hours/7 days a week
- Cigna Total Behavioral Health Program: 1-800-274-7603, 24 hours/7 days a week
- FBMC: 1-855-632-7748, Monday-Friday, 7am - 7pm
- Office of Risk and Benefits Management: 305-995-7129
- District Employee Assistance Program: 305-995-7111
- Well Way: 305-995-2265
- Jacqueline Lopez RD/LDN, Health Coach: 786-779-1139
- Jacie Robles, RDN/LD, Health Coach: 786-514-0205

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