

SimplyWell LLC
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March Snippets

National Colorectal Cancer Awareness Month

Preventable, Treatable, Beatable®

Colorectal cancer – cancer of the colon or rectum – is the third most frequently diagnosed cancer in **both** men and women. It is the second leading cause of cancer deaths in the United States. With certain types of screening, colorectal cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests can also detect colorectal cancer early, when it can be easily and successfully treated.

According to the Prevent Cancer Foundation, you might be at an increased risk for colorectal cancer if you:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese, especially if you carry fat around your waist
- Are not physically active
- Drink alcohol in excess (especially if you are a man)
- Eat a lot of red meat, such as beef, pork or lamb, or a lot of processed meat, such as bacon, sausage, hot dogs or cold cuts
- Have a personal or family history of colorectal cancer or benign colorectal polyps
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

If you are at average risk for colorectal cancer, start getting screened at age 50. If you are at higher risk, you may need to start getting regular screening at an earlier age and be screened more often. Consult your doctor.

To learn more about colorectal cancer, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Health Information** and click on **Health A-Z Encyclopedia**. Using the alphabetical search, search for colorectal cancer. There you will find further, in depth information on colorectal cancer.

Source: [Prevent Cancer](#)

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National Nutrition Month

Put Your Best Fork Forward

This year's catchy theme of *Put Your Best Fork Forward* reminds us that we all hold the tool to make healthier food choices. Making healthy food choices, even if they are small, can add up over time. Use the following tips to start – one forkful at a time – on the path toward a healthier diet.

Practice cooking more at home and experiment with healthier ingredients.

Want to try a new recipe? Log in to your SimplyWell member portal to view an archive of healthy recipes. Under the **Resources** mega menu, mouse over **Health Information** and click on **Healthy Recipes**.

Eat and drink the right amount for you, as MyPlate encourages.

To access MyPlate, a site that offers personalized eating plans and other information useful in your daily meal planning, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Health eNews** and click on **Web Links**. There you will be able to click on a link to MyPlate.

Manage your weight or lower your health risks by consulting a health coach.

Check your SimplyWell member portal to see if you are eligible for a health coaching program. If you are eligible, under the **My Plan** mega menu, you will see **Health Coaching**. Using evidence-based practices, health coaches will work with you to identify health risks, develop goals, work to change behaviors and maintain healthier lifestyles.

Source: [Eat Right](#)

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National Kidney Month

Reduce your risk of kidney disease

This month, learn more about your hard working kidneys! Your kidneys keep you healthy by filtering waste and performing vital functions that control things like red blood cell production and blood pressure. Over time, your kidneys can become damaged with little to no physical symptoms. Reduce your risk of kidney disease by **controlling blood pressure and blood sugar, quit smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.**

To learn more about kidney health, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Education Modules** and click on **View all education modules**. Then enter in the keyword *kidneys* to generate educational modules that discuss kidney related health.

Source: [National Kidney Foundation](#)