

# NEWSLETTER



## In This Newsletter You Can Expect:

Blue Cross Blue  
Shield Connect  
Community  
Articles

Monthly  
Webinars

WellOnTarget  
Resources

Other Wellness  
Related Benefits

## Colorectal Cancer & National Nutrition Month

### Things to look for in colorectal:

A change in bowel habits, a feeling you need to have a bowel movement that isn't relieved by going, rectal bleeding, cramping or belly pain, weakness and extreme tiredness that isn't better with rest, unexplained weight loss.

### Risk Factors that you can change:

Being overweight, not physically active, certain types of diets, smoking, alcohol use

### Risk factors you cannot change:

Being older, Personal history of colorectal polyps or colorectal cancer, Having an inherited syndrome, Having diabetes

### Testing:

average risk of colon and rectal cancer start screening at 45 years old, 75 year olds should see with their doctor if they still need to be tested.

## Recurring Well onTarget Overviews

- 30 minute overviews - 11am-11:30am CST.
- Every second Tuesday of the month.



### Blue Cross Blue Shield Connect Community Articles

[Know Your Colorectal Cancer  
Screening Options](#)

[Healthy Eating: Avoid Portion  
Pitfalls](#)



### Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)

## Monthly Webinars

Code Word: BETTERME

Unmasking the Secrets to a Better Night's  
Sleep

[Tuesday March 10<sup>th</sup>: 3-3:30pm CST](#)

[Friday March 20<sup>th</sup>: 11-11:30am CST](#)

Reset and Refresh: Personalizing Your Sleep  
Schedule

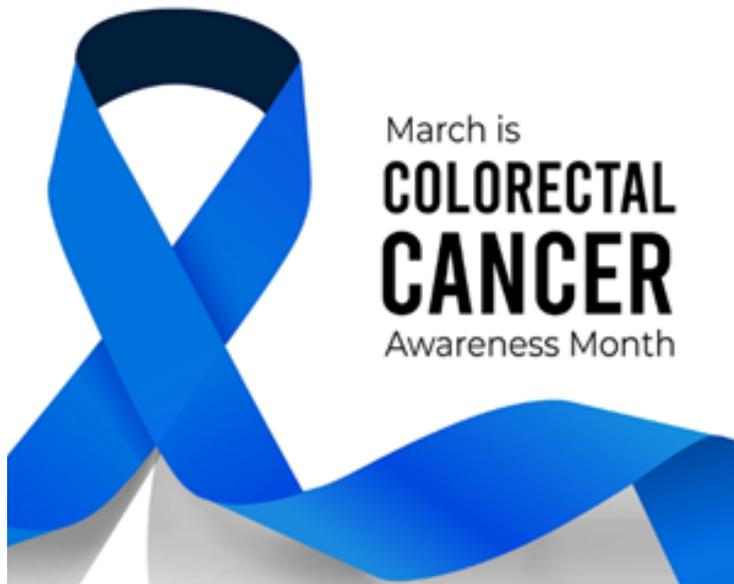
[Thursday March 12<sup>th</sup>: 12-12:15pm CST](#)

[Wednesday March 25<sup>th</sup>: 12-12:12:15pm CST](#)

Resilience: The Role of Optimism in  
Overcoming Life's Challenges

[Friday March 13<sup>th</sup>: 11-11:30am CST](#)

[learntolive Documentation](#)





**20 Ways to Enjoy More Fruits & Vegetables**  
**Colorectal Cancer: You Can Prevent It!**  
**Cylinder**

**Not On Your Bucket List? This Lifesaver Should Be**  
**Incluyo hacerse una colonoscopia en su lista de actividades importantes que**  
**quiere cumplir? Definitivamente, deberia incluir este estudio que salva vidas.**

**Wellness Website for East Texas A&M**

Fruits	Vegetables
<ul style="list-style-type: none"><li>• Strawberries</li><li>• Grapefruits</li><li>• Lemons</li><li>• Pineapples</li><li>• Kiwi</li><li>• Bananas</li><li>• Tangerines</li><li>• Avocado</li><li>• Oranges</li></ul>	<ul style="list-style-type: none"><li>• Asparagus</li><li>• Artichokes</li><li>• Carrots</li><li>• Spinach</li><li>• Kale</li><li>• Radishes</li><li>• Broccoli</li><li>• Cauliflower</li><li>• Cabbage</li><li>• Leeks</li><li>• Beets</li><li>• Potatoes</li></ul>