

Read Me First – March Wellbeing Tip

Here are some ways you can support your employees:

- Share the included flyers with employees
- Encourage employees to take our NEW microlearning: [The food-mood connection](#)
- Encourage employees to register for the upcoming ["Food as Medicine: Nourish Your Body, Transform Your Health"](#) webinar (promotional flyer included in resources folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [Wellbeing Webinar Series - YouTube](#)
- Use the **"Top 5 Tips"** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)

Here are some additional resources to explore:

- [What Does Food is Medicine Mean?](#), Columbia Institute of Human Nutrition
- [Nutrition - Harvard Health](#), Harvard Health
- [Healthy Eating Tips | Nutrition | CDC](#), Centers for Disease Control and Prevention
- [Nutrition | Excellus BlueCross BlueShield](#), Excellus BlueCross BlueShield