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## UnitedHealthcare Federal Programs Newsletter



**March** is a month to celebrate being a little Irish, even if you aren't. **St. Patrick's Day** and the month of March is a great time to celebrate going green! This month, **UnitedHealthcare Federal Programs** would like to focus on greens for National Nutrition Month, **going green** to protect the environment, and last but not least, go green to save money.

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### National Days to Celebrate in March:

National Nutrition Month

National Colorectal Cancer Awareness

Save your Vision Month

National Kidney Month

Disability Awareness Month

Woman's History Month

Read Across America

### National Nutrition Month



During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. UHC Federal programs invites you to join our Nutrition sessions for the month of March along with the many other webinars we offer.

**March 16th:** Ring in St. Patty's Day with All things Green – Cooking class

**March 29th:** Nutrition on a Budget



## Wellness Webinars Q1

Join our complimentary wellness webinars! We have a variety of topics including yoga, breath work, mindfulness, back pain, cooking/meal prep and much more!



[Register Here](#)

## Did you know? Apple Fitness+ is available to our UHC FEHBP members

UHC's FEHB plans have a great additional perk – UnitedHealthcare fully insured members, which includes those enrolled in a UHC FEHBP plan will gain 12 months of access – at no additional cost – to Apple Fitness+.

[Learn More](#)

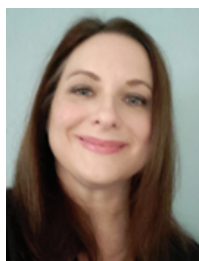
## National Save your Vision Month: Eyesafe Webinar

UHC Federal Programs invites you to view one of our on-demand webinars with Eyesafe, Screen Time & Blue light. This webinar provides information from expert, UnitedHealthcare Chief Eye Care Officer Dr. Scott Edmonds, about screen time and exposure to high-energy blue light.

[View Webinar](#)

## Clinical Corner with Nurse Amy

### Amy Hertog, BSN RN



**Amy Hertog, BSN, RN** is a Health Engagement Nurse who is dedicated to the UnitedHealthcare Federal Employees Health Benefits Programs. She may be reached at [uhcfeds\\_nurse@uhc.com](mailto:uhcfeds_nurse@uhc.com).

*Click the Health Book icon below to learn more about Nurse Amy!*



# Sales and Outreach Team



UnitedHealthcare Federal Programs **Sales and Outreach Team** is here to support you and your agency. Please click the chat icon below to reach out!



## March Trivia!

International Women's Day is Celebrated on which date in March

- A. March 5th
- B. March 8th
- C. March 12th
- D. March 15th

Answers to February Trivia: C. American Heart Health



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Federal Programs