

# HealthyWay

SMALL CHANGES. BIG RESULTS.

Your guide for everyday wellness.

## Skip the diet fads

March is National Nutrition Month, a great time to take a fresh look at what's on your plate. If your social media feed has been serving up carb-free miracles or some weird trick to melt belly fat, you're not alone. Nutrition trends move fast. But your body deserves something more thoughtful than the latest hashtag.

Eat smarter now!



### Don't skip this screening

March is also Colorectal Cancer Awareness Month. And while it may not be the most glamorous topic, it's one of the most important conversations you can have about your health. Colorectal cancer is one of the leading causes of cancer-related deaths in the U.S. It's also preventable.

Prevention starts here

## Stress less. Age well.

April invites us to talk about something we all feel but often keep to ourselves, stress. Whether it's juggling work deadlines, family, finances, health or trying to sleep through the night, stress shows up in many forms. Learn how to act and not just cope.

Age with ease



### Urgent Care Finder



### Watch: Care at the speed of life

Take a quick tour of one of our urgent care centers. See where compassionate care meets convenience. From a welcoming check-in process to onsite services, everything is designed to get you feeling better faster. When life's little emergencies pop up, we're ready. Many locations have extended hours, including evenings, weekends and holidays.

Use our Urgent Care Finder to find a location near you:

Regal Medical Group

Lakeside Community Healthcare

ADOC Medical Group

## Did you know?

Typically, **97% of our prior authorizations** for medical referrals are approved within 3 to 10 business days after submission.

## Sneaky good zucchini muffins

Meet the muffin with a secret identity. These high-fiber zucchini beauties are soft and just sweet enough, while packing a stealthy boost from pureed black beans (shhh... no one will ever know). Bonus? They're gluten-free. Healthy never tasted so undercover.



Get the full recipe here