

BENEFITS NEWS

March 2024

March is National Nutrition Month

Celebrate National Nutrition Month by choosing healthier options. Making small changes over time can set you up for a successful eating pattern that becomes a sustainable lifestyle decision. For more information on ways to incorporate healthier eating, click [here](#).



BENEFIT HUB

Benefit Hub offers several discounts on popular meal subscription services like Blue Apron, Home Chef, Hello Fresh and more. These services can assist with meal planning by offering fresh ingredients and recipes that are tailored to your nutrition goals. For more information, click [here](#).



CIGNA DENTAL

Cigna offers it's members wellness resources and discounts. You can set up an online nutrition coaching program through their partner WebMD, Cigna offers dietician discounts, and information to improve your health. Login or create an account by going to www.mycigna.com, click on the Wellness tab.



Text **BENEFITS** to **833-234-9576** to receive text messages regarding important Benefits information.