

By Lacy Wolff, ERS Health Promotion Administrator

National Nutrition Month is a great opportunity to reset, learn and expand your nutritional knowledge! Check out this list of resources available to support you this month and beyond on nutrition related topics:



Wondr Health is a virtual program available at no cost to HealthSelect<sup>SM</sup> participants who want to manage their weight and feel their best. Wondr focuses on changing eating and other lifestyle habits. If accepted to the program you will receive a welcome kit of useful tools and can immediately start watching the self-paced, personalized videos and engage with the online Wondr community. Learn more and [apply today](#).



Real Appeal<sup>®</sup> is a virtual 52-week weight management program available at no cost to HealthSelect<sup>SM</sup> participants. Real Appeal includes a weekly group coaching session and focuses on personalized, small steps each week to achieve your weight loss goals. Participants who enroll receive a welcome kit of useful tools and can connect to their personal coach throughout their experience. Learn more and [apply today](#).



The Well onTarget<sup>®</sup> Health Assessment is an online tool that gives HealthSelect<sup>SM</sup> participants the customized information they can use improve their health. After answering a series of questions about your lifestyle habits, you'll learn more about your health, including how you compare to others in your age group. Learn what you are doing well and opportunities for improvement. Check with your employer to see if you can earn time off for completing this assessment along with your annual preventive exam. Take the assessment through your Well onTarget account through [Blue Access for Members<sup>SM</sup>](#).



Take 5! In these short tutorial videos with the Texas State University Wellcats nutrition team, you will learn how to make [Asian Noodle Mason Jars](#) and [Mason Jar Minestrone Soup](#)! Both of these simple recipes are packed with veggies.



Participate in March wellness events! Join our community of state and higher education employees in engaging discussions about nutrition this month! Check out the full list of events and register through the [ERS Wellness Calendar](#).

