

## Build a healthy diet with macronutrients

Macronutrients are the building blocks of a healthy diet. The term “macronutrients” might sound a bit technical, but the meaning is quite simple — they’re the nutrients our bodies need every day. Breaking it down a bit further, macros (as they’re often called) are carbohydrates, protein, and fat. Unlike micronutrients such as calcium, magnesium, and iron, we need large quantities of macros to keep our bodies humming along. The USDA recommends people consume 45% to 65% of their calories from carbohydrates, 20% to 35% from fats, and 10% to 35% from protein. You can estimate your macronutrient and calorie needs at [Calculator.net/Macro-Calculator](https://calculator.net/macro-calculator). And if you want additional healthy eating tips, check out Medica’s resources.

## My Health Rewards by Medica®

### Eat healthier and save time

Want to work on your eating habits? The My Health Rewards collection of resources can help. You’ll get customized tips, recipes, and tools to assist you with your healthy eating goals. It’s everything you need to stay on track.

It’s easy to get started too. Just [sign into your account](#), go to the “Benefits” page, and choose the tool you want to use:

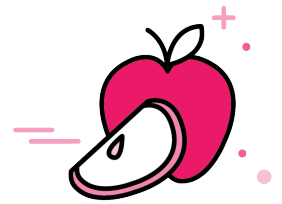
- **Foodsmart by Zipongo:** Get a variety of easy-to-use nutrition and recipe tools.
  - **Recipes:** Find recipes that fit your preferences, time, and budget.
  - **Grocery list:** Create a digital grocery list based on your selected recipes.
  - **NutriQuiz:** See how your eating habits stack up and get personalized tips and recipes.
- **Monj:** Learn how to cook up healthier food habits, while saving time and having fun in the kitchen. This online interactive program focuses on daily missions, cooking lessons, cooking tools, and essentials.
- **Eat Fit Go:** Order fresh, healthy ready-to-eat meals delivered directly to your door. As a My Health Rewards member, you get special offers toward your purchases with Eat Fit Go:
  - Take 10% off all your orders!\* Each time at checkout, use code: VPEATS
  - Buy five meals and get five free! Simply add 10 or more meals to your cart and at checkout, use code: VP5for5, and five of them will be free!\*\*
- **Nutrition Guide:** Balanced eater? Meal planner? Pick your nutrition profile and the habits you want to work on, and we’ll serve up tips and meal ideas just for you.

\*Orders for home shipping must be in quantities of five meals minimum, up to 20 meals per order.

\*\*One use per customer.



## March Wellness News



### **It's coming: Rest and Recharge challenge**

Quality sleep helps your mind and body stay in tip-top shape. It's the key to waking up feeling energized and focused to tackle a brand-new day. In this challenge, set a goal for how many hours of sleep you want to get, and track it. Create a bedtime routine that helps you disconnect and calm your body and mind. Then, when it's time to sleep, get the rest you've been dreaming of.

**Who can join?** Employees and family members ages 18+ who are enrolled in a Medica health plan and have a [My Health Rewards by Medica® Standard or Results account](#).

**Registration dates:** Apr. 5 - 17, 2024

**Challenge dates:** Apr. 15 - 29, 2024