



Foodie

aetna®



Good food fuels employee health

March is National Nutrition Month[®], the perfect time to remind employees that good food is the start to good health.

It's easy — just share this [flyer](#) or [e-card](#).

They'll find tips to:

- Fit more veggies into their day
- Avoid sneaky sides
- Eat healthy on the go, and more



Full of good stuff. Share this [flyer](#) or [e-card](#). And [visit us](#) for more health tips.