

Plan for Health: March 2022



This month's highlights include topics around Sharecare's Inspirations feature, World Sleep Day, and National Nutrition Month!

Sharecare Inspirations

Sharecare has a variety of areas within its platform to help guide you in your health and wellness journey. One of those specific features is known as Sharecare Inspirations. Sharecare's Inspiration feature provides users with a resource to assist them with stress reduction through high quality videos, ambient white noise, and other soothing sounds to assist in sleep and relaxation, and to calm their mind, body, and spirit.

Video features within Inspirations under the Discover tab include:

- **Comfort**- Guided meditation, prayer, and yoga to comfort oneself
- **Sleep**-8-to-10-hour soothing sound videos. (Ocean waves, waterfall, white noise, etc.)
- **Listen**- Videos with beautiful visual sceneries accompanied by soft classical and jazz music
- **Play**- Playful and relaxing videos to help soothe children
- **Relax**-Similar to the comfort section with serene wilderness videos and quieting sounds included

Whether it is a half hour of yoga and meditation to work in during the busiest of times, or some soothing background noise while sleeping at night, the Inspirations within the Sharecare platform will provide many health and wellbeing tools at your fingertips! Check out this wonderful resource by going to mycare.sharecare.com and clicking **Discover** → **Inspirations** → and selecting which section most suits your needs.

World Sleep Day

World Sleep Day is an annual event that is a celebration of sleep and a call to action on important issues related to sleep- including medicine, education, social aspects and driving. This day raises awareness of sleep as a human privilege that is often compromised by the habits of modern life.

It is organized by the World Sleep Day Committee of World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders. World Sleep Day is held the Friday before Spring Vernal Equinox of each year. This year World Sleep Day will be held on March 18th, 2022. In previous years volunteers organized over 200 activities worldwide to help promote the importance of world sleep day. This year, the World Sleep Society is asking individuals to submit their ideas and activities through their website.

They will post all submitted and approved ideas on the official World Sleep Day website for individuals to view and participate in on March 18th.

For more information and questions about world sleep day, please visit: <https://worldsleepday.org/>

National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

During National Nutrition Month, there will be weekly key messaging that is placed on the **eatright.org** website to help people learn more about nutrition overall.

The weekly key messaging is as follows:

- **Week 1:** Eat a variety of nutritious foods
- **Week 2:** Seeing a Registered Dietitian Nutritionist
- **Week 3:** Planning your meals and snacks
- **Week 4:** Create tasty food at home

You can also check out **eatright.org** for a nutrition month campaign toolkit, learning about flavors from all over the world, shopping for nutrition month, and much more.

For more additional information go to: <https://www.eatright.org/food/resources/national-nutrition-month>

Sharecare Featured Challenge

Eat Right for National Nutrition Month

Join the **Eat Right for National Nutrition Month** challenge this month. Complete the challenge by tracking your quantity and quality of meals for 21 days in March. Join this challenge starting on February 22nd by going to **mycare.sharecare.com** and clicking **Achieve** → **Challenges** → Upcoming and **join the challenge**.

Plan Ahead: Join us next month for April's health topic: **Stress Awareness**