

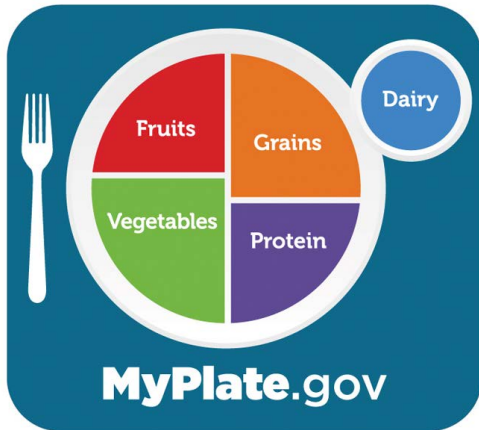


# ChallengeME MONTHLY MINUTE

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## Monthly topic: **National Nutrition Month**



**MyPlate** is a visual reminder to eat from the 5 food groups to make healthy choices. Eat whole foods the most!

### MyPlate Plan for Personalized Guidance:

Enter your age, sex, height, weight, and physical activity level into the **MyPlate Plan** ([myplate.gov/myplate-plan](http://myplate.gov/myplate-plan)) system, and food group target amounts will be provided. This provides some general guidance utilizing the **MyPlate** philosophy.

## Weekly Messages from the Academy of Nutrition and Dietetics:

### Week 1: Stay Fueled on a Budget.

- Plan meals weekly
- Buy weekly sale items to create meals.
- Use grocery lists to stay on budget and track.

### Week 2: Visit a Registered Dietitian for Personalized Guidance.

- See State of Maine benefit

### Week 3: Eat a variety from all food groups.

- Eat in-season fresh foods.
- Eat out-of-season, flash-frozen foods with no additives.
- Eat canned options in water only.
- Try new recipes.

### Week 4: Be Resourceful.

- Be creative with leftovers to create a new meal.
- Grow food at home.
- Eat plant-based options.

## Looking for more information?

National Nutrition Month® ([eatright.org](http://eatright.org))

MyPlate Plan | MyPlate ([myplate.gov](http://myplate.gov))

National Nutrition Month® Resources ([eatright.org/national-nutrition-month/resources](http://eatright.org/national-nutrition-month/resources))

Through your Anthem Benefit plan, you have access to an in-network dietitian at NO COST! You can meet with a dietitian for unlimited one-on-one visits. Please call Anthem Member Services at 1-844-273-4614 with questions regarding an in-network provider.

**How to find an In-Network Dietitian**

**Step 1:** Contact Anthem Member Services at 1-844-273-4614 or visit <https://www.anthem.com/find-care/>.

**Step 2:** Log in to or create your Anthem account **OR** choose the Guests option.

**Step 3:** Answer a few questions and then select a plan/network to search. Click Continue.

**Step 4:** Search by zip code. Type "Dietitian" in the search bar.

**Step 5:** Click View Details on your preferred choice.

For more information, please contact WellStarME at: (207) 620-9202 or [wellstar@mcd.org](mailto:wellstar@mcd.org)

Learn more about your health benefits and other wellness information on the ChallengeME Website:

