

MAR 26

THE CLAREMONT COLLECTIVE

A Community-Focused Approach to Wellness



THE CLAREMONT COLLEGES SERVICES

BENEFITS
ADMINISTRATION



March is National Nutrition Month

March marks National Nutrition Month®, an annual campaign created by the [Academy of Nutrition and Dietetics](#) to encourage everyone to make informed food choices and build healthy eating and physical activity habits.

This year's theme, "Discover the Power of Nutrition," highlights how everyday food and beverage choices can support both individual well-being and thriving communities. Nutrition has the power to fuel your day, boost energy, and help you feel your best, now and in the future.

National Nutrition Month invites us to explore balanced meals, learn ways to access healthy foods in our communities, and build simple habits that support long-term health. With so much nutrition information online, the Academy recommends seeking guidance from Registered Dietitian Nutritionists (RDNs), who provide science-based support to help you make confident choices.

This March, consider how small changes, like adding more fruits and vegetables or staying hydrated, can make a meaningful impact on your overall wellness.

Resources

[8 Daily Habits to Boost Mental Health](#)

Simple, consistent daily habits can help support your mental health, improve your mood and build resilience over time (from Healthline.com).

[TIAA Financial Essentials](#)

Money talks: How to navigate finances at every relationship stage.

[Blue Shield Wellvolution and Crediblemind](#)

Explore support tools, take assessments, and find more resources at [CredibleMind](#). This month, we are featuring "How to Make Lasting Changes in Eating and Exercise," a Podcast by [Michelle Segar](#).

[Optum EAP March Engagement Toolkit](#)

This month's toolkit focuses on Women's Health by providing resources that nurture women's mental and physical well being, emotional health, self-worth, body care, and movement.

[Funex Employee Discount Site](#)

A short Spring Break getaway can help reduce stress and restore energy. Explore exclusive travel savings through Funex and make it easier to step away, recharge, and return refreshed.

Care When and Where You Need It

Blue Shield Members

Get advice from a nurse around the clock

When you need answers now, contact NurseHelp 24/7. A registered nurse can answer your questions by phone or online. [Click here to learn more.](#)

Speak with a board certified doctor or licensed mental health professional by phone or video

Whenever you need non-emergency medical care, Teladoc's U.S. board certified doctors are available 24/7 by phone or video. Teladoc's doctors can diagnose and treat common medical conditions, such as the flu, and prescribe medication. [Click here to register, and/or make an appointment.](#)

Save time and money with the mail order pharmacy

If you take medications for chronic condition such as diabetes, you can fill up to a 90-day supply through Blue Shield's mail order pharmacy. Shipping is free, and you may save on your copay. [Click here to learn more.](#)

Kaiser Members

Talk to a clinician 24/7 over video or phone for quality care when you need it - no appointment needed. [Explore your options here.](#)

A video visit with your Kaiser Permanente provider is easy. You may be anywhere - at home, work, or on the go! Simply log on to [yur kp.org](#) account on your mobile device or computer. If you're not registered, [click here to get started.](#)



Wellness Spotlight

Financial wellness is an important part of overall well-being, just like physical or mental health. Managing your finances doesn't have to feel overwhelming, and TIAA's Financial Essentials offers easy-to-use tools to help you gain confidence and take control of your financial future.

Financial wellness means having the knowledge and habits to make sound money decisions — from budgeting and saving to investing for retirement. Financial Essentials provides practical guidance on key topics such as:

- Saving and investing for retirement – Learn how early saving, smart investing, and diversification can help your money grow over time.
- Budgeting basics – Create a realistic budget that balances expenses, savings, and debt while supporting your goals.
- Building financial confidence – Develop simple habits like automating savings and doing regular financial check-ins.

You'll also find short videos and bite-sized lessons that make learning easy, even with a busy schedule.

Taking small steps today can help reduce stress and support your long-term goals. Explore TIAA's Financial Essentials to start building healthier financial habits and move forward with confidence.

[Learn more here.](#)

Healthy Recipe of the Month
**APPLE
CINNAMON
BAKED
OATMEAL**

March Events & Webinars

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TIAA Webinar

Your Guide to Living Well in Retirement

Retirement is a major life transition. This webinar will focus on the human factors that can help you add a new and exciting chapter to your life story. Wed., March 11 at 8 a.m.

[Register here](#)

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Kaiser Health Talks

Thrive Kids - Your Parenting Game Plan
Thurs., March 19 at 12:30 p.m.

[Register here](#)

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TIAA Webinar

Understanding Required Minimum Distributions

Pretax retirement contributions aren't taxed until you withdraw them in retirement, but starting at age 73, if you are still working for TCC, the IRS requires you to take minimum distributions whether you need the money or not.

[Register here](#)