

# Benefits NEWSWAVE

## Spring into Wellness

Welcome to March! In the northern hemisphere, spring is almost here — a time of renewal, refreshment and a celebration of life in general. As the trees bud and the flowers bloom, consider using this time to rededicate yourself to your own health and wellness. Develop new healthy habits, cut back on the unhealthy ones and commit to getting your recommended preventive care and health screenings.



## March Is Colorectal Awareness Month\*

Colorectal cancer (CRC) continues to be one of the most common forms of cancer. The American Cancer Society estimates that **154,000** people in the U.S. were diagnosed with colon and rectal cancer in 2025, with **52,900** dying from the disease. Key facts to know:

- **Young-Onset CRC is on the rise in men and women.**  
The rate of CRC in young adults has been increasing — almost *2% each year* from 2016 to 2020 alone. And the survival rate for CRC patients under 50 (68%) is no better than for individuals aged 50 – 64 (69%).
- **CRC is the single largest cause of cancer-related deaths in young men under 50.**  
Men ages 20 – 49 are nearly *two times* as likely to die from colorectal cancer than women the same age.
- **CRC is one of the few cancers that's preventable.**  
Highly treatable when caught early, screening for CRC is the number one way to prevent it. Screenings generally begin at age 45, but a family history of CRC or other risk factors may require starting earlier.

\*Facts and figures provided in this article were obtained from the [Colorectal Cancer Alliance](#).



### ***Learn about Which Cancer Screenings You Need through Color Health\*\****

As part of our commitment to help you and your family members get healthy, stay healthy and to prevent serious illness, we offer Color Health. Designed in partnership with the American Cancer Society, Color Health provides a simple, personalized way to navigate cancer screenings, care and support — all at no cost to you when enrolled in a Watts medical plan. When you sign up for Color, you get access to:

- **At-home cancer screenings:** Convenient tests with quick results for colon, cervical and prostate cancers that you can complete in the privacy and comfort of your home.
- **Genetic testing for high-risk individuals:** Find out if you carry inherited changes in your genes that could increase your risk for cancer and get on the right screening plan.
- **Help scheduling in-person screenings:** Let Color arrange your mammograms, colonoscopies and other important screenings at in-network providers near you.

## Find Out More...

- About Color Health:
  - Visit [color.com/watts](https://color.com/watts) to get started.
  - Read the [Color Health Benefits Guide](#).
  - If you have questions or need help, you can email [support@color.com](mailto:support@color.com) or call **(844) 352-6567**.
- About [colon cancer symptoms and treatment](#) from UnitedHealthcare.
- About healthy eating tips for [Everyday Nutrition](#). A balanced diet, rich in fruits and vegetables, can reduce your colon cancer risk.

\*\*Available to employees with Watts UHC medical insurance

## Wellness Corner

### Learn More about TELUS Health

TELUS Health offers support with mental, financial, physical and emotional wellbeing. Combining an Employee Assistance Program (EAP) and personalized wellbeing resources for you and your dependents, you can turn to them for confidential assistance with issues such as:



- Handling stress at work or at home
- Parenting and childcare
- Managing money
- Health issues

Find out more:

- Attend a public orientation session on March 18 at 1 p.m. ET: [Register here](#).
- Register for the [Heartbeat newsletter](#).

## Healthy & Delicious: Recipe of the Month



Consuming more dietary fiber has long been linked to a lower risk of certain types of cancer, particularly colorectal cancer\*\*\*. It's not hard to reach your daily fiber goals when you pair delicious fruits and grains. This quick and easy recipe can be eaten as a breakfast cereal or used to top a low-fat protein like yogurt, silken tofu or cottage cheese. [Cranberry Almond Crunch](#).

\*\*\*[What is "Fibermaxxing"? How a High-Fiber Diet Can Help Prevent Cancer | Memorial Sloan Kettering Cancer Center](#)

# Did You Know?

You only have until **March 31, 2026** to submit your request for your **2025 Fitness Reimbursement** of up to \$250. The **Watts Fitness Benefit** reimburses you up to \$250 (one reimbursement per employee) per calendar year in health club membership dues or exercise class fees. You can apply for the reimbursement by completing a [Fitness Benefit Form](#) after four consecutive months of membership in a calendar year. Don't miss out! Get your request in for reimbursement of your 2025 eligible fitness-related fees. Staying physically active helps reduce your risk for many diseases, including colon cancer.

## Important Dates

### Webinars & Events

#### *Color Health Webinars*

- **March 6:** [https://color.zoom.us/webinar/register/WN\\_X-1-xjvMQLq2q4k68WDdcQ](https://color.zoom.us/webinar/register/WN_X-1-xjvMQLq2q4k68WDdcQ)  
12 p.m. ET / 11 a.m. CT / 9 a.m. PT
- **March 9:**  
[https://color.zoom.us/webinar/register/WN\\_-4BNFJ6tQaSaHWQBNGRexA](https://color.zoom.us/webinar/register/WN_-4BNFJ6tQaSaHWQBNGRexA)  
3 p.m. ET / 2 p.m. CT / 12 p.m. PT

#### *SmartConnect Webinars*

- **March 13: Medicare 101**  
2 p.m. ET / 1 p.m. CT / 11 a.m. PT
- **March 25: Medicare Advantage vs. Medicare Supplement**  
12 p.m. ET / 11 a.m. CT / 9 a.m. PT

To register for one of the above SmartConnect webinars, visit:

[Watts Water Technologies - Compare Medicare Plans | SmartMatch Insurance Agency](#) and select "Get Registered" from the menu at the top. Then select the webinar you are interested in.

#### *TELUS Health Public Orientation Webinar*

- **March 18: [Register here.](#)**  
1 p.m. ET / 12 a.m. CT / 10 a.m. PT