

Moda Wellbeing Newsletter

Seasonal recipes, resources and tips to build
Happier, healthier, workplaces



Mindset Matters: Subscription Checkup

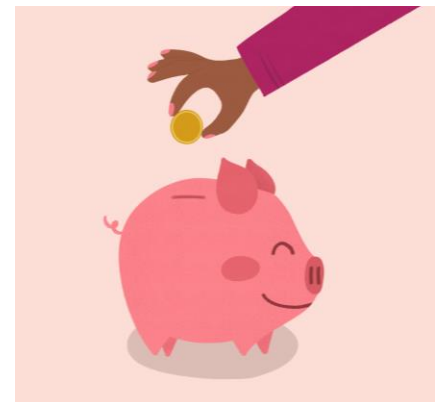
When we think about improving our financial wellness, it's easy to picture major life changes, such as creating a detailed budget, paying off debt, or completely rethinking our spending habits. While those goals are valuable, financial well-being often starts with something much simpler.

One easy place to begin is by reviewing your monthly subscriptions. Streaming services, apps, memberships, and recurring deliveries can quietly accumulate over time. Many start as free trials or special promotions and continue long after we've stopped using them. Taking just a few minutes to review your bank or credit card statement can help you identify charges that no longer bring value to your life.

Think about more than just the cost. Ask yourself: *Am I still using this? Does it make my life easier, more enjoyable, or help me reach my goals?* If the answer is no, it may be time to let it go.

Clearing out unused subscriptions not only frees up money, but it can also create a greater sense of awareness and control over where your money is going. Consider following a simple "one in, one out" rule- cancel an existing subscription before adding a new one. It is also recommended to schedule a subscription checkup a few times a year, much like cleaning out a closet or organizing a workspace.

And don't forget to celebrate the small wins: saving just \$10 to \$20 per month may not feel life-changing, but over a year that's \$120-\$240 that can be redirected towards savings, a hobby, a family activity or another goal. Small changes really do add up.



Health Coaching Hub

As The Season Changes: Slow Down Inside

Fall looks different depending on where you live. For many in the Pacific Northwest, the season may bring cooler temperatures, shorter days, rain, and colorful leaves. In warmer regions, seasonal changes may be more subtle, showing up through shifts in routines, schedules, daylight, or energy levels. No matter where you are, the transition into a new season offers an opportunity to slow down and check in with yourself.

Seasonal changes can affect our mood, motivation, sleep, and daily habits. Taking a few moments to reflect can help you adjust with intention rather than simply reacting to the changing pace of life.

Consider asking yourself:

- What habits are helping me feel my best right now?
- What do I need more of this season—rest, movement, connection, or time outdoors?
- What is one small change I can make to support my wellbeing?

Here are a few simple ways to navigate the season:

- Follow the daylight.** Spend a few minutes outside whenever possible, especially in the morning, to support energy and sleep patterns.
- Maintain routines.** Consistent sleep, meals, and movement can help stabilize mood and energy as schedules shift.
- Stay connected.** Cooler, darker days—or busier fall schedules—can make it easier to withdraw. Prioritize meaningful connections with friends, family, or coworkers.
- Adjust expectations.** Every season brings different demands. Give yourself permission to adapt and focus on progress rather than perfection.

7-Days Fall Wellness Challenge:

Take a 10-minute walk

Go to bed 15 minutes earlier

Practice mindfulness

Reach out to a friend or family member

Just as nature changes throughout the year, we do too. This fall, consider slowing down, tuning in, and making space for habits that support your wellbeing wherever you call home.

For Moda Health Members

Eligible Moda Health members have access to one-on-one condition management health coaching at no cost. To enroll or be contacted by a health coach to learn more, please fill out this form: [Disease Management Health Coaching Interest Form](#).

Contact us for more information!

Call 800-913-4957 Monday through Friday from 8:00 a.m. to 5:00 p.m. PT, or email healthcoachteam@modahealth.com.

Better Bites: Roasted Butternut Squash Soup with Kale Chips

Looking for a cozy meal that nourishes from the inside out? This Roasted Butternut Squash Soup with Kale Chips is packed with seasonal vegetables and plant-based goodness. Red lentils provide filling fiber and protein, while butternut squash and kale contribute vitamins, minerals, and antioxidants that support overall health. It's a simple, flavorful way to add more vegetables and legumes to your plate.

4 servings

Ingredients

- 4 cups Butternut Squash
- 1 tsp Cinnamon
- 2 tbsp Extra Virgin Olive Oil
- 2 Apples (peeled, cored, sliced)
- 1 tsp Onion Powder
- 1 tbsp Ginger Powder
- 4 cups Vegetable Broth
- 2 tsp Sea Salt
- 4 cups Kale Leaves (cut into large pieces)
- 1 cup Red Lentils (cooked)

Directions

- 1) Preheat the oven to 400F. Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 min or until tender.
- 2) Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside.
- 3) Place a large pot over medium heat and add half the olive oil. Add the apples, onion powder, and ginger powder and sauté for about 5 minutes or until soft.
- 4) Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5) Set oven to 350F and line a baking sheet with parchment paper. Place kale in a large bowl and massage with remaining olive oil and sea salt. Transfer kale to baking sheet in a single layer. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6) Using a blender or immersion blender, puree the soup until smooth. Divide between bowls and serve with kale chips. Enjoy!



Beyond the Bite: Halloween Activity Kit

Swap a handful of candy for a handful of creativity! Fill small bags with googly eyes, pom-poms, pipe cleaners, foam shapes, and glue dots so kids can create ghosts, bats, pumpkins, spiders, monsters, and other festive friends. It's a simple, affordable activity that inspires imagination, promotes health, and keeps the Halloween fun going long after trick-or-treating is over.

Supplies

- Clear treat bags or small paper bags
- Googly eyes
- Mini pom poms
- Pipe cleaners
- Foam shapes or cardstock cutouts (ghosts, bats, pumpkins, spiders, cats, monsters, etc.)
- Glue dots
- String or ribbon



Tip: Purchase supplies in bulk to reduce cost. Estimated cost per bag: \$1 or less

Let's Learn! Resource Spotlight

Moda Health Monthly Mini Challenges

Mini Challenges are a great way to encourage a healthier way of living! They're designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, teambuilding, and a supportive workplace culture.

Read about Moda's Health's mini challenges for September and October!

- **Sleep Right, Sleep Tight Challenge:** Get ready to rest, recharge, and feel your best! Over three weeks, participants will track simple daily habits proven to support better sleep, helping build routines that can improve energy, focus, and overall well-being.
- **Cash Quest Challenge:** Financial wellness is an important part of overall health. Over four weeks, participants will complete simple money-saving and financial planning activities designed to build healthy financial habits, reduce financial stress, and support overall well-being.

Exciting News!

Our new website has officially launched, and we're looking forward to bringing the wellness mini challenges to the site soon. In the meantime, if you're interested in accessing the wellness mini challenges contact wellnessteam@modahealth.com.

Preventive Care Corner

Back-to-School: Time to Catch Up on Vaccines



As kids head back to school, it's the perfect time to make sure they're up to date on wellness visits and vaccinations. Routine immunizations help protect children from serious diseases and play an important role in keeping schools, childcare settings, and communities healthy.

Stay on Track

- Schedule an annual wellness visit to review your child's growth, development, and vaccine needs.
- Ask about recommended vaccines at every visit and, when possible, get them during the same appointment.
- Reschedule missed appointments promptly to avoid falling behind.
- Consider starting the HPV vaccine series as early as age 9. Early vaccination provides strong protection before exposure to HPV and helps prevent several types of cancer later in life.

Making Shots Easier

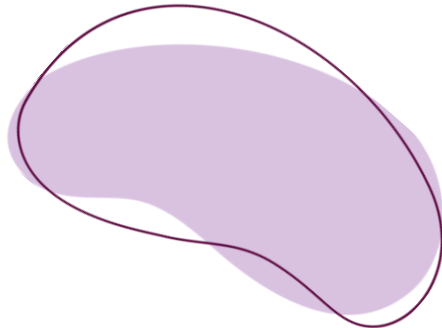
Parents can use comfort measures such as distraction, deep breathing, or holding younger children during vaccination.

Staying current on vaccines is one of the easiest ways to protect your child's health and help ensure a healthy, successful school year.

Protecting kids today helps build a healthier tomorrow.



Upcoming Wellness Events



September/ October 2026

September 15th
12 PM



Wellness Webinar
[Women's Mental Health](#)

September
14th–27th



Sprout Challenge
[Return to Routine
Challenge](#)

September
30th
12 PM



[Menopause Program Q&A](#)

October
21st
12PM



Wellness Webinar
[Eating Well to Lower
Cancer Risk and Support
Recovery](#)



October
13th–26th



Sprout Challenge
[Operation Uplift
Challenge](#)

*Moda members can register for Sprout through their [Moda Member Dashboard](#). Click the programs icon then scroll to the Sprout wellness app title and follow the prompts.

