

# Moda Wellbeing Newsletter

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



## Mindset Matters

### Embracing a Mindful Summer

In a world that often celebrates hustle and productivity, summer offers a quiet invitation to pause. The longer days and the warm breezes create the perfect backdrop for slowing down and reconnecting with nature, loved ones and ourselves. Slowing down doesn't mean doing nothing- it means doing things differently. For example, it means swapping screen time for sun time, meals on-the-go for picnics in the park, and jam-packed schedules for sitting in the grass and reading a book. It's about being present and enjoying the simple moments- like the taste of ripe berries, the sound of sprinklers on a hot day and the feeling of green grass beneath your feet.

Here are a few gentle reminders to help you embrace a slower, more intentional summer:

- **Prioritize play:** Summer isn't just for kids- make time for the activities that you enjoy, whether it's gardening, hiking, painting or lounging with your favorite book.
- **Unplug from technology:** Set boundaries with your devices and give yourself space to fully be present with others and with yourself.
- **Savor the senses:** Take time to enjoy your surroundings and be in the present moment. Notice the color of the sunset, the scent of fresh herbs and flowers, and the feel of warm grass under your feet.
- **Pause daily:** Take five minutes each day to breathe deeply, stretch, or step outside. Even enjoying your lunch outdoors can be a refreshing reset during a busy workday.



## Health Coaching Hub

### Healthy Habits on Holiday—Keep the Momentum Without the Pressure

Vacations are meant to feel different. Slower mornings, fewer responsibilities, maybe a beach chair with your name on it. It's a chance to pause, to reset—and ideally, to return home feeling refreshed. But what happens when that time away leaves you feeling like you're starting over with your healthy habits?

It doesn't have to be all or nothing.

While vacations often come with indulgent meals and spontaneous plans (and hey, that's part of the magic), they're also a great opportunity to *reframe* what progress looks like. You don't need to stick to your exact routine to maintain momentum—you just need to stay connected to your “why.”

Maybe you've been working on moving more. That doesn't have to mean hitting the gym while you travel. A morning walk to grab coffee, an afternoon hike with a view, or simply noticing how many steps you're taking while sightseeing all count. The goal was more movement, right? You're already doing it—just in a different way.

Or maybe you've been building a more mindful relationship with food. That doesn't have to pause at the hotel buffet. It might look like slowing down to savor new flavors, checking in with your hunger cues, or choosing the indulgence that will feel *most* worth it (instead of the one that's just there).

Progress isn't about perfection. It's about presence—and recognizing your power to make intentional choices, even when your environment changes. That kind of flexibility is *exactly* what makes healthy habits sustainable in the long run.

So, if you're heading out of town this summer, take the pressure off. Let vacation feel like vacation. But also celebrate the moments where you *do* keep showing up for your health, in ways that feel natural and good.

Because maintaining momentum isn't about doing everything the same—it's about not losing sight of who you're becoming.

#### For Moda Health Members

Health coaching helps you identify realistic, impactful actions—like those listed above—and make a plan to turn goals into reality. Deciding you want to drink more water or get outside more often is one thing, but making it happen is another. That's where health coaching comes in: we help you put the pieces together, anticipate barriers, brainstorm solutions, and guide you toward achieving your goals, so you don't just survive this season, you thrive!

Eligible Moda Health members have access to one-on-one health coaching at no cost.

#### Contact us for more information!

Call 800-913-4957 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).



## Summer Sips: Green Smoothie Recipe

Serving size: 1 Total time: 5 minutes

This vibrant green smoothie is as good for your body as it is delicious. Packed with spinach for iron and fiber, pineapple for digestion-friendly enzymes, mango for immune-boosting vitamin C, and banana for natural energy and potassium, it's a nutrient-rich way to fuel your day. Whether you're after a quick breakfast or a refreshing midday pick-me-up, this smoothie delivers a tropical twist with real health perks.

### Ingredients:

*1 cup spinach*

*1 cup water*

*½ cup pineapple (frozen)*

*½ cup mango (frozen)*

*1 banana*

**Instructions:** Tightly pack spinach in a measuring cup. Put spinach to blender with water. Blend until all chunks are gone. (It should resemble green water when blended well). Toss in pineapple, mango and banana to the blender. (Frozen fruit helps chill the smoothie). Blend it all together and until smooth and creamy. Depending on your blender, this could take as little as 30 seconds or as long as 2 minutes. Pour into a glass and serve immediately.



Recipe and image source: [Best Green Smoothie Recipe](#)

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## Beyond the Bite: Mosquito Repellent Candle

Enjoy summer evenings without the buzz (and bites)! This easy DIY floating candle not only adds a beautiful glow to your outdoor space but helps repel mosquitos using a mix of essential oils and fresh citrus. Made with ingredients like citronella, lemon and rosemary, it's a natural way to keep your gatherings peaceful and bite free!

### Supplies:

Wide mouth mason jar

Citrus such as lemon, lime, oranges

Essential oils such as lavender, peppermint, lime, eucalyptus, lemon

Fresh or faux greenery such as lavender, rosemary sprigs, eucalyptus stems

1 floating candle

Tap water enough to fill the jar

### Instructions:

Cut lemon and/or lime into ¼ thick slices and place 2-3 slices inside the glass jar. Place 2-3 sprigs of greenery into the jar. Add 10 drops of each essential oil of choice. Fill the jar with water to the neck submerging the citrus slices and sprigs of greenery. Place floating candle in the jar.

Additional resources: [DIY Mosquito Repellent Workshop](#)



Recipe and image source: [DIY Mosquito Repellent Candle](#)



## Let's Learn! Resource Spotlight

**Eat the Rainbow Challenge**

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective immune-supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate and eat the rainbow!

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Red														
Orange														
Yellow														
Green														
Blue														
Purple														
Brown														

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoaching@modahealth.com](mailto:healthcoaching@modahealth.com).

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## 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.

Check out Moda's Health's mini challenges for July and August!

- **Eat the Rainbow Challenge:** Did you know that vibrant color in food is a sign of a healthy meal or snack? The bright natural colors in fruits and vegetables represent protective immune-supportive nutrients. In this challenge, track the number of servings you eat of each color and eat the rainbow! [Click here](#) to access the challenge.
- **10- Day Water Challenge:** Water helps boost skin health, helps deliver oxygen to the body, and improves focus and brain function! The benefits that come from drinking water are endless! In this 10-day challenge, the goal is to drink at least 64 oz (or eight 8oz glasses) of water daily. [Click here](#) to access the challenge.

## August is National Eye Exam Month

For many people August means vacation, time outside, and that we are halfway through the summer break. As we head into August, which is National Eye Exam Month, Moda Health is sharing resources and tips to navigate your eye health!

Tips to take care of your eyes:

- **Eat Nutrient-rich Foods:** Fish and leafy greens support eye health
- **Wear Sunglasses and Protective Eyewear:** Keep your eyes safe from sun exposure when working or playing.
- **Give Your Eyes Rest:** Look away from the screen at least every 20 minutes, about 20 feet away for 20 seconds, and minimize screen time, when possible.
- **Stay Active:** Physical activity helps you stay healthy, which lowers your risk of developing conditions that can cause eye health problems. Just 30 minutes of movement each day can make a difference for your health.

### Schedule a dilated eye exam:

Eye exams are not only helpful to make sure you have the right prescription but also allow your doctor to examine your eyes for any underlying conditions. If you have diabetes, it is especially important to get an eye exam annually, even if you have not noticed changes in your vision. Learn more about diabetic eye exams [here](#).

To find an optometrist or ophthalmologist in your network in your Member Dashboard, or use [Find Care tool](#).

Enjoy your summer activities and step into the new school year with clearer vision!

*Need more information? The National Eye Institute (NEI) offers helpful resources like short videos, infographics, and articles to help you learn more. Join us in making eye health a priority this August! Get started at [www.nei.nih.gov/HVM](http://www.nei.nih.gov/HVM).*