

Moda Wellbeing Newsletter

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



Mindset Matters

Ahh-Choo to Ahh-Mazing: Spring Cleaning Your Way to Fewer Allergies

Spring is in the air, and so is pollen. If your season is less “fresh flowers” and more “can’t stop sneezing,” a targeted spring clean can help you breathe easier.

May is *Asthma and Allergy Awareness Month*, and according to the Asthma and Allergy Foundation of America (AAFA), over 100 million people in the U.S. experience allergies each year. The good news? Reducing exposure to indoor allergens can make a big difference.

Here are a few sneeze-busting tips:

Declutter and Dust Smart – Decluttering not only makes cleaning easier but also reduces the number of surfaces where allergens can accumulate. Use a damp cloth or microfiber to trap dust instead of spreading it. Don’t forget ceiling fans and vents!

Deep Clean Upholstery and Carpets- Soft surfaces are magnets for allergens like pet dander and pollen. Vacuum carpets, rugs, and upholstered furniture with a vacuum that has a HEPA filter and consider steam-cleaning them for a deeper refresh.

Wash Bedding Weekly – Hot water (130°F or higher) helps eliminate dust mites. Consider allergen-proof covers too.

Keep Pollen Out – Leave shoes at the door, wipe down pets after walks, and keep windows closed on high pollen days.

Filter It Out – Change HVAC filters every 1–3 months and consider using high-efficiency filters that trap allergens. Don’t forget to check and clean the filters in air purifiers, vacuums, and window units too.

Lower Humidity – Keep indoor humidity between 30–50% to reduce mold and dust mites.

Allergy-proofing your home doesn’t have to be overwhelming. Little steps can lead to a big “ahhhh” instead of “ahh-choo.”

Resources: <https://aafa.org/get-involved/asthma-and-allergy-awareness-month/>

Health Coaching Hub

Spring Into Action- Start Small, Grow Big

Spring is the perfect time to embrace fresh starts and new growth—not just in nature, but in our own lives. As the days get longer and the sunshine feels a little warmer, it's natural to feel a pull toward healthier habits. But if you're like many of us, that spark of motivation can quickly get overwhelmed by thoughts like *“I should overhaul my whole diet”* or *“I need to start a full garden to eat healthier.”*

That kind of thinking can stop us before we even begin.

Coaching is all about making small, realistic changes that lead to big results over time. One of the most powerful mindset shifts we can make is letting go of “all or nothing” thinking. Because the truth is, *something* is always better than nothing. And when it comes to your health and wellbeing, small steps are often the most sustainable and rewarding ones.

This spring, what if you simply planted one tomato or lettuce plant in a pot on the porch? Or purchase a few herbs to place on your kitchen windowsill? These small, manageable steps may not look like much at first, but they can spark momentum. Suddenly, there's a fresh tomato and greens waiting for your salad. Or a handful of fragrant basil or mint ready to flavor your meals.

Growing just a little bit of your own food connects you more deeply with what you eat—and with the season itself. It's a gentle, joyful way to add more plants to your plate, nourish your body with fresh nutrients, and experience the satisfaction of watching something thrive because *you cared for it*.



So instead of waiting for the “perfect time” to make a big change, why not start small today? Grab a pot, a packet of seeds, or a starter plant. You don't need a green thumb, just a willingness to try. One tiny step forward can be the beginning of something you really enjoy.

Small changes. Big impact. That's how growth begins.

Contact us for more information!

Eligible Moda Health members have access to condition management coaching at no cost. Work one-on-one with a professional health coach to set health and wellness goals for your unique needs.

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

Beyond the Plate: Make Your Own DIY All-Purpose Cleaner

Looking for an easy, affordable way to keep your home clean without harsh chemicals? This DIY vinegar-based cleaner is a great go-to for most surfaces.

- **Not suitable for all materials:** Avoid using vinegar on natural stone surfaces like granite or marble, as its acidity can etch the stone. It's also not recommended for unsealed grout or waxed wood.
- **Most effective on non-porous surfaces:** Vinegar is naturally antibacterial and cuts through grease and grime, making it ideal for kitchen counters, bathroom sinks, and glass surfaces.

Recipe

- 1 cup distilled white vinegar
- 1 cup distilled water
- Optional: a few drops of essential oil (like lemon, lavender, or tea tree) or a handful of citrus peels
- Mix all ingredients in a spray bottle, shake gently, and you're ready to clean!



Recipe and image source: [DIY All-Purpose Cleaner](#)

Better Bites: Vegan Summer Salad



Recipe and image source: [Vegan summer salad - Lazy Cat Kitchen](#)

Ingredients:

SALAD

- 2 ears of corn
- 1 zucchini, cut into thick slices
- olive oil
- approx. 1 tsp Cajun spice
- 15 radishes
- ½ long cucumber
- 15 cherry or plum tomatoes
- 1 small red pepper
- 1 ripe avocado
- 2 celery sticks
- 100 g / 3½ oz sugar snap peas
- 1/3 cup almonds
- a handful of coriander, chopped

DRESSING

- 45 ml / 3 tbsp extra virgin olive oil
- 30-45 ml / 2-3 tbsp lime juice, adjust to taste
- 15 ml / 1 tbsp chipotle OR a few drops of smokey tabasco, adjust to taste
- 1 tsp maple syrup
- 1 garlic clove, finely grated
- salt and pepper, to taste

SALAD

1. Heat a griddle pan on low. Lightly oil the corn and grill, turning until charred. Once cool, shave off the kernels.
2. Brush zucchini with oil, season with salt and Cajun spice. Grill both sides until charred, cool, and chop.
3. Prep remaining veggies: cut radishes into matchsticks, cucumber into quarters, tomatoes into quarters, and dice pepper, avocado, celery, and sugar snap peas.
4. Toast almonds in a teaspoon of olive oil over low heat until slightly charred. Salt, cool, and roughly chop.
5. Toss all ingredients in a large bowl with dressing. Garnish with coriander and almonds.

DRESSING

1. Mix all ingredients in a bowl or jar. Stir or shake well.
2. Season with salt and pepper to taste.

Let's Learn! Resource Spotlight

10-Day **Move More** Challenge

Walking your dog, taking a swim or arm cycling are just a few activities that will help you get your daily movement in. These activities allow you to spend time outdoors, explore new places and practice mindfulness.

It's recommended to get 150 minutes of movement in each week, but if you're new to exercise, set a goal that is challenging yet realistic for your lifestyle. As you move more during these next 10 days, look for new and fun ways to get active such as finding a walking buddy, listening to a podcast, or simply appreciating a change in scenery.

Use the following tracker to record your steps or active minutes each day.

Please note: Everyone should consult with their doctor before starting an exercise routine.

Instructions:
For this challenge, you set the goal! Whether that's 10,000 steps a day or 10 minutes of movement a day. Everyone's starting line looks different.

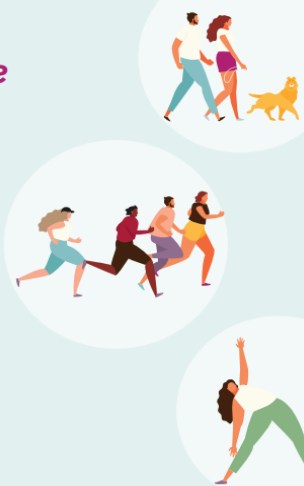
GOAL

DAY	1	2	3	4	5	6	7	8	9	10	TOTAL
MINUTES											

Connect with a health coach — just for you!
Eligible members can work confidentially with a health coach, at no extra cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. To learn more, email healthcoachteam@modahealth.com or call 800-913-4957.

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Breathe Easy This Summer: Asthma Tips for a Healthy Season

Summer is more fun when you can breathe easy! If you or a family member has asthma, now's a great time to prep for the season.

What Is Asthma?

Asthma is a chronic lung condition that causes wheezing, coughing, chest tightness, and shortness of breath. Triggers like pollen, smoke, and hot, humid air can make symptoms worse.

Simple Steps for Asthma Control:

- **Follow Your Plan:** Stick to your asthma action plan and take medications as prescribed.
- **Refill Meds:** Keep a rescue inhaler nearby—especially for outdoor fun. Consider requesting a 3-month supply.
- **Avoid Triggers:** Stay inside on high pollen or poor air days.
- **Stay Cool & Hydrated:** Shade, AC, and water all help keep symptoms in check.
- **Move Safely:** Regular activity can help—just warm up and keep your inhaler handy.
- **Check In:** Haven't seen your doctor this year? Now's a good time to review your plan. *Tip: if you don't have a PCP, visit your Moda [Member Dashboard](#) or contact your plan to find care.*

More Ways to Support Your Lungs:

- **Eat Well:** Choose colorful produce and [foods rich in omega-3s](#)
- **Try Breathing Techniques:** [Diaphragmatic or pursed-lip breathing](#) can help ease symptoms.
- **Keep It Clean:** Dust, pet dander, and mold can trigger flare-ups, so ventilate and clean regularly.

With a little planning, you can enjoy an active, healthy summer. For more info, visit cdc.gov/asthma. Moda is here to support your wellness every step of the way!

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 Health's mini challenges for May and June!

- **Mindset Matters BINGO! Challenge:** Our mental health is so important to our overall health and well-being. It affects how we think, how we feel, how we manage stress, and how we connect with others. In this challenge, complete as many BINGOs as you can in four weeks. Complete five activities in a row, on the Mindset Matters card- either vertically, horizontally or diagonally- to score a BINGO. [Click here](#) to access the challenge.
- **10 Day Move More Challenge:** It's recommended to get 150 minutes of movement in each week, but if you're new to exercise, set a goal that is challenging yet realistic for your lifestyle. As you move more during these next 10 days, look for new and fun ways to get active such as finding a walking buddy, listening to a podcast, or simply appreciating a change in scenery. Use the following tracker to record your steps or active minutes each day. [Click here](#) to access the challenge.