

Moda Wellbeing Newsletter

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



Mindset Matters

Embrace the Season

Fall is a wonderful time of year to slow down and admire the change in season. The beautiful changing colors, sweet pumpkin and dewy rain scents, cooler temperatures, and the sounds of crunching leaves under your feet. Fall is the perfect season to focus on the beauty of the present. Even just five minutes a day of mindfulness can improve depression, anxiety, and stress. Try the mindfulness activities below and enjoy the beauty of fall!

- ❑ Take a mindful nature walk and focus on your breath and the beautiful fall sights and sounds. Create a nature bracelet (see page 3) while on the walk.
- ❑ Listen to the rain and practice deep breathing. Try [these breathing techniques](#) for stress relief.
- ❑ Enjoy coffee, cup of tea, or your beverage of choice outside and breathe in the crisp fall air. If you enjoy Pumpkin Spice Lattes this time of year, try the recipe on page 3.
- ❑ Start a gratitude journal. Begin or end your day by reflecting on the big or little elements of life that you appreciate. Looking for more structure? Check out [these daily questions](#) that prompt grateful awareness.
- ❑ Cook using seasonal vegetables and engage your senses.



Additional resources: [Getting Started with Mindfulness](#)

Health Coaching Hub

Mindful Transitions: Embracing the Shift to Fall

As hot summer days settle into the misty mornings and early evenings of autumn, it can be difficult to bid summertime farewell and accept the transition into the cooler, darker half of the year. While we may long for the ease, energy, or spontaneity of summer, autumn brings with it a quiet beauty and an invitation to slow down. It offers a unique, fleeting season full of rich color, cozy rituals, and opportunities for reflection. Rather than resist the shift, we can choose to embrace it as a chance to realign with what nourishes us.

To help embrace the change with intention and hope, set some time aside to reflect on the questions below. Consider gathering a few friends to talk through these topics together or invite your family (kids too!) to engage in conversation about what the upcoming season may look like for you as individuals and as a family, and how you can support each other in cultivating healthy, lifegiving routines moving forward. Instead of evening walks to the park or weekend beach trips, could you try midday strolls when the sun is warmest or a friendly neighborhood soccer game on Saturdays? Even taking a few quiet moments to journal your thoughts can offer clarity, comfort, and a deeper connection to the season ahead.

1. What are some things you can only do in the fall that you're looking forward to?
2. What about autumn appeals to your senses, whether sights, smells, sounds, textures?
3. What did you love about summer that supported your wellbeing? How can you bring elements of that into your fall routine?
4. Are there any seasonal rituals or traditions you'd like to return to or start this year?
5. How does your sleep tend to change in the fall? What habits could support more restful or consistent sleep as the days get shorter?
6. What seasonal fruits and vegetables are you excited to cook or try? How might you bring more color and variety to your meals this fall?
7. Are there any rituals or traditions, like weekend baking, soup nights, or Sunday meal prep, that could help you enjoy nourishing food this season?
8. How can you adapt your physical activity to match the season (e.g., earlier sunsets, cooler weather)? What movement feels good to your body right now, or might you want to try?
9. What are you ready to let go of as the season changes?
10. What personal goals or intentions feel right to explore during this time of transition?

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](#).

Health coaching helps you identify realistic, impactful actions that support your health and wellbeing – like those listed above – and make a plan to turn goals into reality. Deciding you want to drink more water, eat more fruits and veggies, or spend more time outside 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!

Contact us for more information!

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

Fall Sips: Pumpkin Spice Latte

Serving size: 1 drink Total time: 5 minutes

Skip the coffee shop line (and the extra sugar). This homemade pumpkin spice latte delivers all the cozy fall flavor your love, without the high price tag or overly sweet syrups. Made with real pumpkin, warm spices and simple ingredients, it's a healthier way to enjoy your favorite seasonal treat while keeping a little extra in your wallet!

Ingredients:

1 cup milk of choice

2 tablespoons pumpkin puree

1 tablespoon sugar or maple syrup

¼ teaspoon pumpkin spice, plus more for sprinkling

¼ teaspoon of pure vanilla extract

¼ cup hot espresso or strong brewed coffee

Whipped cream for serving (optional)

Instructions: Combine milk, pumpkin puree, sugar or maple syrup, pumpkin pie spice, and vanilla extract in a medium microwave safe bowl. Microwave until the milk is hot, about 1-2 minutes. Wisk until foamy. Pour espresso or coffee into a cup and pour foamy milk mixture over coffee. Top with whipped cream and sprinkle of pumpkin pie spice, if desired. You can also add more coffee for a stronger coffee flavor.



Recipe source: [Pumpkin Spice Latte Recipe – Food Network](#)

Beyond the Bite: Nature Bracelet

A simple, hands-on craft that turns a walk outdoors into wearable art. Wrap tape around your wrist, sticky side out, and decorate it with leaves, shells, petals, seeds, and other natural treasures you find along the way. A fun way to explore, create, and connect with nature!

Materials:

- A strip of painter's or masking tape (sticky side out)
- Nature treasures: leaves, flowers, twigs, seed pods, etc.

Instructions:

- **Make the Bracelet**
 - Wrap the tape around your wrist—sticky side facing outward.
 - Secure it snugly by sticking the ends together.
- **Collect Nature Finds**
 - Go for a walk and attach small natural objects to the tape—arrange them randomly or create a pattern.
 - Let your creativity guide you!



[Make your own nature bracelet - Mud & Bloom](#)

Let's Learn! Resource Spotlight

Cash Quest Challenge

When we think about our health and wellness, our finances aren't typically what comes to mind. However, one of the six pillars (themes) included in Moda's Pillars of Health and Wellness is financial. Financial wellness refers to a person's understanding and control over their finances. Being financially well is the result of successfully managing one's finances and the absence of financially related stress. It is an integral part of an individual's overall health and wellness.

Instructions:
This is a four-week challenge. The game board consists of five categories related to personal finance, plus a "Bonus Bucks" opportunity. Each category contains four activities with increasing difficulty and dollar values (\$100, \$300, \$500, \$1,000). Complete activities to accumulate \$5,700 Jeopardy dollars (and save in real life) over the course of the challenge.

| | Stellar Saver | Find the Funds | Every Penny Counts | Daily Dime | Defy Debt | Bonus Bucks! |
|---------------|--|--|---|---|--|---|
| \$100 | Open a savings account and add \$25 to your savings each week for four weeks | Review subscriptions you're not using | Pack a lunch instead of buying lunch | Add your pocket (or coach or car) change to a change jar | Review your credit report | Cancel those subscriptions you least use |
| \$300 | Create a budget | Redeem credit card points (or make a plan for them) | Consign or sell clothing, toys or furniture you don't use | Make coffee at home (Sorry Starbucks) | Track your spending for two weeks then review | Stick to that budget |
| \$500 | Calculate how much you need in savings for three months of emergency funds (use this worksheet and an essential guide to building an emergency fund) | Research checking accounts for high interest and/or no monthly annual fees | Use coupons or discount codes on your next grocery trip | Meal prep three dinners instead of ordering in or going out | Create a plan to pay off high interest items (CCDs? Cars?) | Make enough for dinner to use for lunches later in the week |
| \$1,000 | Make an appointment with a financial advisor to review plans for retirement | Consolidate old 401(k)s or retirement funds | Shop around for better insurance rates or bundle to save | No online shopping for a week (except for necessities) | Consolidate student loans or move high interest CCDs to a 0% interest card | Reduce your monthly debt by 10% |
| Total dollars | | | | | | |

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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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 September and October!

- **Sleep Right, Sleep Tight Challenge:** Getting enough quality sleep is essential for your health, mood, and energy. Over the next three weeks, focus on building better bedtime habits, like going to bed at the same time each night, creating a calm sleep environment, limiting caffeine, and unplugging from devices before bed. Track your nightly progress to see how small changes can lead to deeper, more restorative rest. [Click here](#) to access the challenge.
- **Cash Quest Challenge:** Boost your financial wellness while having fun! In this four-week challenge, you'll complete engaging personal finance activities to "earn" up to \$5,700 in virtual dollars. Each task helps you build real-life skills to save more, spend wisely, and reduce financial stress, boosting both your wallet and your overall well-being. [Click here](#) to access the challenge.

Preventative Care Hub

The transition into fall is a great time to think about ways we can check in on routine and preventive care to carry us forward into a new season of health.

Back-to-School: Stay on Track with Vaccines

Heading back to school is the perfect reminder to catch up on check-ups and vaccinations. Routine immunizations keep kids healthy and protect classrooms and communities. Use these tips to help stay on track:

- ☐ Schedule an annual wellness visit to check growth, development, and vaccine needs.
- ☐ Ask about upcoming vaccines at each visit and try to get them done on the spot.
- ☐ Reschedule missed appointments quickly to avoid falling behind.
- ☐ Consider starting the HPV vaccine series as early as age 9.

Making Shots Easier

If your child feels nervous, tools like Buzzy Bee, J-Tip, or Shot Blocker can help. Find more comfort tips in this poster from [Hennepin Healthcare](#).

Protecting kids now builds a healthier tomorrow!

Staying Healthy & Managing Chronic Conditions

If you're managing a chronic condition like diabetes or heart disease, here are a few key topics to discuss during your visit:

- ☐ **HbA1c Test** - A blood test that shows how well your blood sugar has been controlled over the past 3 months.
- ☐ **Blood Pressure Check** - Routine measurement to ensure your heart health is on track.
- ☐ **Kidney Screening** - A urine or blood test to detect early signs of kidney damage.
- ☐ **Diabetic Eye Exam** - A dilated eye exam to check for retinopathy, which can lead to vision loss if not caught early.
- ☐ **Medication Review** - Go over your current medications to confirm correct dosages and make sure it's still working well, check for side effects, and ensure you're able to refill them easily.

Taking these steps will help you stay on top of your health and have you feeling your best!

For Mammograms, 40 is the new 50

Last year the US Preventive Screening Task Force updated their recommendations for when to start regular screenings for breast cancer, updating this to include screening through a mammogram for women aged 40 to 74 years every other year. *Observe Breast Cancer Awareness this October month by talking with your doctor about what regular screenings might look like for you.*