

Moda Wellbeing Newsletter

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



Mindset Matters: Your Cells Have a Schedule Too

Your body doesn't just run on sleep, it runs on a clock. We often think of circadian rhythm as just our sleep cycle but it's much bigger than that. Behind the scenes nearly every cell in your body follows its own 24-hour rhythm helping regulate energy, digestion, metabolism, and hormone release. Think of your brain as the conductor, acting as your "master clock," using light to keep everything in sync. Morning light signals it's time to be alert, while evening darkness helps your body wind down.

But here's the interesting part, your body isn't just reacting to your day, it's anticipating it. This is where your daily habits come in. Light exposure, sleep timing, and even when you eat all act as signals that help keep your internal clocks aligned. When these signals are consistent, your body can operate more efficiently. When they're not, it can throw off your natural rhythm.

Sleep is often one of the first places this shows up. When your internal clocks are in sync, it's easier to fall asleep, stay asleep, and wake up feeling refreshed. The same goes for digestion, consistent meal timing helps your body prepare by releasing enzymes to process food more efficiently.

Quick Ways to Stay in Sync This Summer:

- Morning sunlight = "start the day" signal
- Regular meals = digestion knows when to show up
- Dim evenings = cue for sleep mode
- Consistent sleep (when possible) = keeps everything on track



Your body is designed to run on rhythm. Supporting that rhythm can have a powerful impact on how you feel each day.

Health Coaching Hub

Better Sleep is Built Through Small Daily Choices

When people think about improving their sleep, they often think they need a new supplement, a perfect routine, or more discipline at night. But better sleep usually isn't about doing more. It's about making small, consistent shifts that work with your body instead of against it.

Your sleep is guided by your circadian rhythm, your internal clock that responds to light, darkness, and daily habits. One of the most powerful ways to support this happens within the first hour of your day. Getting natural light in the morning helps signal to your brain that it's time to be awake and alert, whether that's stepping outside for 5–10 minutes, sipping your coffee near a window, or taking a short walk to help regulate your energy during the day and make it easier to fall asleep at night. Sleep is less about perfection and more about patterns.

Sleep hygiene, the habits that support quality sleep, works best when it's simple and repeatable. Instead of overhauling your entire routine, start small:

- Go to bed and wake up at roughly the same time each day
- Create a short wind-down routine to signal your body it's time to rest
- Dim lights in the evening to support natural melatonin production
- Limit screen time before bed when possible
- Create a ritual: read, meditate, or take a bath to signal to your body it's time to sleep
- Avoid eating 2-3 hours before bed
- Get your thoughts, worries, or to do list down on paper to clear your mind

These are gentle cues your body learns to recognize over time.

It's also important to understand that consistency matters more than intensity. One perfect night won't change much, but small actions repeated daily begin to reset your system. This is where habits come in.

Habits remove the need to rely on willpower. When your environment and routines support sleep your body starts to do more of the work for you.

If sleep has been a struggle, it doesn't mean you're doing something wrong. It often means your current habits aren't aligned with how your body is designed to function. The good news is that even small adjustments can create meaningful change.

You don't need a complete overhaul. Start with one shift and build from there. Better sleep is something you can create one habit at a time

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 Sips: Sleep Boosting Ice Cherry-Chamomile Tea

This refreshing iced cherry chamomile tea is the perfect summer nightcap, combining ingredients that naturally support better sleep. Tart cherries and pineapple juice (opt for versions with little or no added sugar) both contain compounds that help support melatonin production while chamomile's calming properties gently relax the body and mind for a more restful night.

Serves 2

Serving size: 16 ounces

Ingredients:

- 1 cup boiling water
- 2 chamomile tea bags
- 1 tsp of honey
- ½ cup of tart cherry juice
- ½ cup of pineapple juice
- Handful of ice or pineapple cubes

Directions:

- Steep the chamomile for 20 minutes until cooled. Remove the teabags
- Blend all the tea ingredients in a blender
- Enjoy with extra ice
- Optional: Garnish with fresh herbs like mint or basil, fresh cherries, a pineapple wedge, lemon or orange slice



Image: [Foods Co.](#)

Recipe Source: [A Sleep-Boosting Iced Cherry-Chamomile Tea](#)

Beyond the Bite: No-Sew Lavendar Sleep Mask

Take your relaxation to the next level with this easy to make eye mask. The active compounds in the lavender help your body feel at ease while the gentle weight and darkness of the mask boosts melatonin and calms the nervous system.

You'll Need:

- A clean sock or the long sleeve of a shirt (about 12 inches in length)
- Yarn, string, or sturdy rubber bands
- 1-2 c. of uncooked rice or buckwheat
- Lavender essential oil or a few Tbsp of dried lavender
- Optional: a funnel
- Securely tie off one end of the t-shirt sleeve using string (if using a sock, you can skip this step.)
- In a small bowl, mix your rice with 8-10 drops of lavender essential oil or dried lavender
- Pour your mixture into the open end of the sleeve or sock
- Securely fasten the remaining open end with more string

Get cozy and gently rest your sleep mask over your forehead or eyes. Your mask can also be put in the fridge for a few hours for a nice cooling effect.

Video Source: [Easy no sew eye pillow for rest](#)

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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Sleep: A Foundation for Health at Every Age

Sleep does more than help you recharge—it plays a vital role in overall health. It supports heart function, helps regulate blood sugar, and allows the body to rest and repair. When sleep is inconsistent or disrupted, it can place added strain on these systems over time. During the summer, longer days and shifting routines can make it harder to maintain consistent sleep, impacting energy, mood, and well-being.

For children, these seasonal changes can have a greater impact. As school ends and daily structure becomes more flexible, bedtimes and wake times often shift. Over time, this can affect sleep quality, behavior, and the ability to adjust when routines change again. Maintaining simple habits—like a general sleep schedule and calming bedtime routines—can help children stay well-rested. Healthy sleep habits established early support growth, learning, and emotional well-being, and well-child visits offer a chance to check in on sleep needs.

For adults, getting 7–9 hours of sleep each night supports heart and metabolic health. Quality sleep helps regulate blood pressure, reduce stress and inflammation, and support healthy cholesterol levels. It also plays a key role in blood sugar control by improving how the body uses insulin and keeping levels more stable.

Prioritizing sleep—along with regular health screenings—supports long-term health at every stage of life. If you or your child haven't completed an annual visit yet, consider scheduling a well-child visit or an annual check-up with your primary care provider to stay on track.

Moda Health Monthly Mini Challenges

Mini Challenges are a wonderful way to encourage a healthier way of living! They are 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.

- **Mindset Matters BINGO! Challenge:** Looking for a fun way to support your mental health? This four-week challenge encourages you to engage in habits that promote balance across key areas of health. Complete five in a row to achieve BINGO. [Click here](#) to access the challenge.
- **10-Day Move More Challenge:** This challenge encourages you to find simple ways to stay active- like walking, stretching, or exploring the outdoors. Set a daily goal that feels achievable and track your minutes or steps as you work towards a more active routine. [Click here](#) to access the challenge.

Upcoming Wellness Events

May/June 2026

May 12
2:00 PM



Building Resilience and Tools for Managing Stress Webinar

May 6-19



Walk to Win Sprout Challenge

June 24
12:00 PM



Skin and Summer Safety Webinar

June 10-30



Champions Competition Sprout 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.

