

Moda Wellbeing Newsletter

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



Mindset Matters: Summer Safety

Summer is the perfect time to enjoy the outdoors, and a few simple precautions can help keep you and your family safe through the full season.

Sun Safety: Myths and Truths

There are many misconceptions about sun protection. For example, you can still get sun damage on cloudy days, as UV rays penetrate cloud cover. Likewise, shade and umbrellas help but don't completely block UV exposure, since rays can reflect off surfaces like water, sand, and pavement.

When choosing [sunscreen](#), look for a broad-spectrum product with SPF 30 or higher. Apply it generously 15–30 minutes before going outdoors and reapply every two hours, especially after swimming or sweating. Remember that a higher SPF doesn't mean you can skip reapplication. Don't forget your eyes. Choose sunglasses that block 99–100% of UVA and UVB rays to help protect against long-term sun damage.

Water Safety Matters

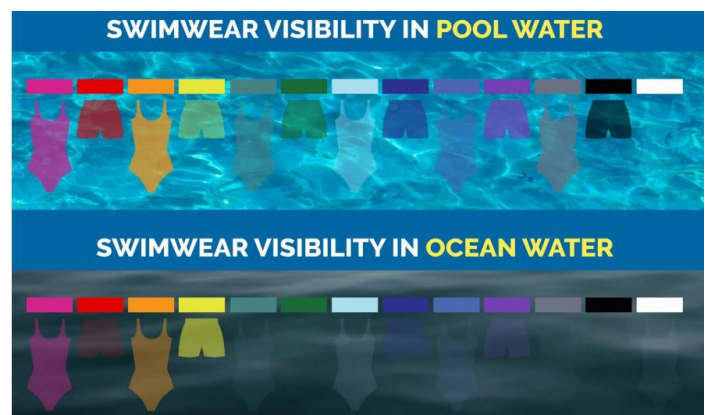
Whether you're heading to a pool, lake, or river, visibility is important. Brightly colored swimsuits—such as neon orange, pink, yellow, or bright green—are easier to spot in the water than darker colors.

Life jackets save lives, especially for children and less experienced swimmers. Many parks, lakes, and recreation areas offer free life jacket loaner programs, so check with your local parks or marine safety organizations before your next outing.

Staying Cool on Hot Days

When temperatures climb, seek out air-conditioned spaces such as libraries, community centers, malls, or local cooling shelters. Stay hydrated, wear lightweight clothing, and take breaks in the shade when spending time outdoors.

A little preparation can go a long way toward helping you enjoy a safe, healthy, and fun summer. Want more on this topic? Check out last month's Moda Wellness Webinar, [Sun and Summer Safety](#). Enjoy!



Health Coaching Hub

Stay Active, Stay Hydrated, Stay Connected This Summer

Now is the perfect time to step outside, embrace movement, and reconnect with your community. Longer days and warm weather create endless opportunities to stay active—whether it's walking in your neighborhood, biking on your local trails, attending outdoor fitness classes, or participating in community events. August also marks National Wellness Month, making it an ideal time to focus on healthy habits that support your physical, mental, and social well-being.

During the hotter months, it's important to be mindful of heat safety. Aim to schedule activities during cooler parts of the day, such as early mornings or evenings. Wear light-colored, loose-fitting clothing, and protect yourself with sunscreen, sunglasses, and a wide-brimmed hat. Pay attention to signs of overheating, such as dizziness, fatigue, or headaches, and take breaks in shaded or air-conditioned areas when needed.

Hydration plays a critical role in staying safe and energized. Drinking water consistently throughout the day—before, during, and after activity—helps regulated body temperature and prevents heat-related illness. Keep a reusable water bottle nearby and consider incorporating electrolyte-rich beverages if you're active for extended periods outdoors.

This is also a great time to strengthen social connections. Invite friends, family, or coworkers to join you for a walk, fitness class, or outdoor event. Community involvement not only helps you stay active but also builds a sense of belonging and support.

If you're looking for ways to get involved, consider participating in local events. Communities across Washington and Oregon host scenic 5K runs along trails and waterfronts. Alaska offers unique summer races with extended daylight, while Texas features early morning and evening charity runs to beat the heat. Idaho also hosts family-friendly 5K events in parks and local neighborhoods, creating fun, welcoming spaces for all fitness levels.

This is a great time—especially during National Wellness Month—take small, consistent steps to move more, stay cool, and connect. Your well-being—and your community—will benefit.

Community 5K Resources by State:

Looking for ways to get involved in local 5K events? Use these resources to explore upcoming races and community fitness opportunities in your area:

Oregon (Portland & Surrounding)

- Portland Parks & Recreation – <https://www.portland.gov/parks>

Washington

- Orca Running – <https://www.orcarunning.com>

Idaho

- City of Boise Events – <https://www.cityofboise.org>

Texas

- RunSignup (Statewide Race Listings) – <https://runsignup.com>

Alaska

- Skinny Raven Sports – <https://skinnyraven.com>



Free options: Visit Parkrun USA at <https://www.parkrun.us> to find weekly, volunteer-led 5K events held every Saturday in communities! These resources make it easy to find local events, stay active, and build connections in your community.

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: Chicken & Cucumber Lettuce Wraps

This recipe is a great summer option because it includes hydrating foods like cucumber, jicama, and lettuce, which naturally contains a high amount of water. Paired with protein and healthy fats, these wraps are light, refreshing, and a simple way to support hydration through food during warmer months.

Serves 4

Ingredients:

- ¼ cup creamy peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 tablespoons water
- 2 teaspoons toasted sesame oil
- 2 teaspoons olive oil
- 3 scallions, sliced
- 1 serrano pepper, seeded and minced (2 tsp.)
- 1 tablespoon minced ginger
- 2 teaspoons minced garlic
- 1 pound ground chicken breast
- 1 cup diced jicama
- 16 Bibb lettuce leaves
- 1 cup cooked brown rice
- 1 cup halved and thinly sliced English cucumber
- ½ cup fresh cilantro leaves
- Lime wedges, for serving

Directions:

Step 1: Whisk peanut butter, soy sauce, honey, 2 tablespoons water, and sesame oil in a small bowl.

Step 2: Heat 2 teaspoons olive oil in a large nonstick skillet over medium heat. Add sliced scallion whites, 2 teaspoons minced serrano, minced ginger, and minced garlic; cook until starting to soften, about 2 mins. Add chicken; cook, breaking it up with a spoon until cooked through, 3 to 4 minutes.

Step 3: Add the peanut sauce to the chicken mixture; cook until the sauce has thickened, about 3 minutes. Remove from heat. Stir in jicama and scallion greens.

Step 4: To serve, divide rice, the chicken mixture, cucumber, and cilantro among the lettuce cups. Serve with lime wedges.



Recipe Source: [Chicken & Cucumber Lettuce Wraps](#)

Beyond the Bite: Summer Sips

Looking for a fun summer beverage? This Blackberry Mojito Mocktail combines fresh fruit, herbs, and bubbles for a refreshing alcohol-free alternative. Watch Moda Wellness Consultant, Sarah, make this [Blackberry mojito recipe](#)!

Ingredients:

- 1/3 cup blackberries
 - 1/2 tablespoon Sugar
 - 1 Tablespoons Lime Juice
 - 1/4 cup Mint Leaves
 - 18 ounces ginger ale diet or a combo of ginger ale and lemon soda
- ### Garnishes
- 1 limes sliced
 - 2 sprigs Mint
 - 1 -1.5 cups ice
 - 1/4 cup blackberries

Instructions:

1. In a mortar and pestle, add the blackberries, sugar, lime juice and mint leaves.
2. Crush them together until you have a puree.
3. Divide the mixture among 2 large mojito cups or 3 medium cups, or place it all at the bottom of a large mojito pitcher.
4. Add sprigs of mint and lime slices to the serving cups or pitcher.
5. Fill the pitcher with ginger ale, or use a combo of ginger ale, lemon soda and club soda.
6. Add ice to your taste.
7. Finish off the mojitos with fresh blackberries and more lime slices to the drinking cups of pitcher.
8. Serve and enjoy



Recipe Source: [Blackberry Mojito - A Virgin Mojito Recipe • Two Purple Figs](#)

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														
Light Green														
Blue														
Pink														
Purple														

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 healthcoachingteam@modahealth.com.

moda HEALTH
modahealth.com

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!
- **NEW! 10- Day HydrateWell 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, complete the daily hydration goal and color in the water bottle to track your progress and celebrate your wins!

Preventive Care Corner: Summer Fun Starts with Staying Healthy!



For many of us summer means vacations, outdoor adventures, and packed schedules. Knowing where to go for care and taking steps to manage chronic conditions like asthma can help you stay healthy and avoid unnecessary emergency room visits.

- **Primary Care Provider**– Your usual doctor, or primary care provider, is the most familiar with your health and often is the first stop when you have questions about your health. Most primary care offices also have health advice phone lines or on-call providers to provide support or tell you what next steps are needed.
- **Urgent Care** - Urgent care clinics are open evenings and weekends and can treat many common issues. They're a good choice when your PCP isn't available and you need help fast, and sometimes even offer telehealth for virtual visits.
- **Emergency Department** - Emergency rooms are designed for life-threatening conditions. As a general rule, go to an emergency room for care that is only available in a hospital. If you go to an emergency room with a condition that is not necessarily life-threatening, you could end up waiting longer for care.

Summer can also bring asthma triggers like wildfire smoke, pollen, poor air quality, and increased outdoor activity. Keep your rescue inhaler nearby, take controller medications as prescribed, and talk with your PCP if your symptoms are becoming more frequent. Planning ahead can help you enjoy the season while reducing the risk of preventable asthma-related emergency room visits.

Need help deciding where to go? Call your PCP's nurse advice line for guidance.



Upcoming Wellness Events



July/August
2026

July 14th
12 PM



Wellness Webinar
[Nutrition 101: Label
Reading For Your
Personalized Plate](#)

July 8th-21st



Sprout Challenge
[Find Your Fun](#)

July 28th
12 PM



[Health Coaching
Informational
Session](#)

August
(Date and
Time TBD)

If you would like to be added to the
webinar registration, please email
welnessteam@modahealth.com

Wellness Webinar
Neurodiversity in the
Workplace



August
10th-23rd



[Sprout Challenge](#)
[H2O Go!](#)

*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.