



**Make the
most of your
summer.**

Get active in June, otherwise known as the Great Outdoors month! Follow the tips below to participate.

- Explore the parks and trails in your community.
- Challenge your family to get outside and walk, hike or jog for 60 minutes.
- Ride a bicycle to explore your surroundings in a whole new way!
- Try a new sport like paddling (canoe or kayak), surfing or swimming.

➤ **June**

Get outdoors

For additional support, WorldDoc offers health trackers, calculators, the healthy living program and more to help you manage your health.

Log in to your myModa account at modahealth.com and check out WorldDoc today!*

♥ *get your health on*

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