



**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](http://modahealth.com) and check out WorldDoc today!\*

♥ *get your health on*

**moda**  
HEALTH