

Moda Wellbeing Newsletter

Seasonal recipes, resources, and tips to build happier, healthier workplaces.



Mindful Moment: March is Colorectal Cancer Awareness Month!

Regular screening is the key to preventing colorectal cancer and finding it early. The US Preventive Screenings Task Force recommends that all adults ages 45-75 be screened for colorectal cancer. There are many types of screenings, and they are generally covered by insurance at no cost to you. It's important to talk with your doctor about if you think you are at increased risk for colorectal cancer, when to start and how often to be screened, and what types of screening is best for you. Some of the most common types of screenings include:

- **Colonoscopy** - Recommended every 10 years, your provider will look for polyps or cancer inside the rectum and entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy is also often used as a follow-up test if anything unusual is found during one of the other screening tests.
- **Stool tests (FOBT/FIT)** - These at-home testing kits allow you to collect a stool sample at home and send it to the lab or provider's office for testing. Depending on the test, these are recommended every year or every three years.
- **Flexible Sigmoidoscopy** - Recommended every 5 years, this screening checks for polyps or cancer inside the rectum and lower third of the colon.
- **CT Colonography (Virtual Colonoscopy)** - Recommended every five 5 years, the computed tomography (CT) colonography uses X-rays and computers to produce images of the colon for the doctor to analyze.



Reducing your risk of colorectal cancer

- **Screening** - According to the CDC, one of the most effective ways to reduce your risk of colorectal cancer is to get screened regularly, starting at age 45. Routine screening can help find colorectal cancer early, when treatment works best.
- **Diet** - Research is underway to find out if changes to diet can reduce your colorectal cancer risk. Medical experts often recommend a balanced diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic conditions and may reduce risk of colorectal cancer.
- **Lifestyle** - Some studies suggest that people may reduce the risk of colorectal cancer by increasing physical activity, keeping a healthy weight, limiting alcohol consumption, and avoiding tobacco products.

Additional resources: [Need to Be Screened?](#) | [The Cancer You Can Prevent](#), [Colorectal Cancer Prevention - NCI](#), [Colorectal Cancer Guideline](#) | [How Often to Have Screening Tests](#) | [American Cancer Society](#).

Better Bites: Spring Pasta Salad

Celebrate the start of spring with this Spring Pasta Salad! To make this recipe a complete meal, add a protein source like roasted chicken. Enjoy!

Ingredients:

12 ounces of cavatappi pasta
4 oz of asparagus, with woody ends trimmed, thinly sliced
1-10 oz bag of frozen peas, thawed
1-12 oz jar of roasted yellow peppers
1-pint of grape tomatoes, halved
1 shallot, minced
1/2 cup fresh dill, chopped
Ricotta cheese, for garnish
1/3 cup extra virgin olive oil
2 teaspoons of Dijon mustard
1 teaspoon of honey
1 clove of garlic, grated
Grated zest and juice of one lemon
Kosher salt
Ground pepper



Directions:

Bring a large pot of salted water to boil. Add the pasta and cook as the label directs, adding the asparagus pieces two minutes before the pasta is done. Drain the pasta and asparagus; rinse under cold water to stop the cooking.

Toss the pasta and asparagus with the peas, roasted yellow pepper, tomato, shallot, and dill.

In a separate bowl, whisk together the olive oil, mustard, honey, garlic, lemon zest and lemon juice. Season with salt and pepper.

Pour the dressing over the pasta salad, tossing to coat. Let the salad hang out for a bit to soak up all the flavor.

When ready to serve, sprinkle some ricotta cheese over the top.

Yields 6-8 servings

Recipe and image from [Food Network](#)

Let's Learn! Resource Spotlight

START HERE

Play the Stress Away Challenge

Did you know it's healthy to play? And we encourage it - every day! Doing anything for fun that makes you happy or excited is considered playing - whether it's gaming, playing sports, coloring, stamps, or writing notes in your free time. Studies show that play helps:

- Reduce stress
- Increase energy
- Improve brain function
- Keep your mind sharp
- Boost creativity
- And so a natural mood booster!

Don't have time for play? We can help. Use this mini-challenge to find a little play in your day.

Directions:

For three weeks, fill in your game board using the playful activities in this game or create your own. Each activity is worth one or two points. Good or compliant! Get as far along your game board as you can with the goal of reaching the end by Week 3. Good luck, and happy playing!

Playful activities worth one point:

- After dinner, instead of turning on the tube, take a walk around the neighborhood.
- Grab your camera or smartphone and go outside for a midday photo session; appreciate the beauty in everyday things!
- Invigorate your senses! Try a unique food combination.
- Bring a coworker or friend a coffee, treat, or homemade craft.
- Play a game with your kids/nieces/nephews/neighborhood kids.
- Make a fancy drink of choice on the weekend.
- Watch the sunrise or sunset.
- Take 10 minutes to daydream.
- Design your dream house or dream vacation.

Activity ideas worth two points:

- Get adventurous! Treat yourself to the movies, try a new walking path, or bike to your coffee date.
- Make a new recipe.
- Build a fort and have a movie night.
- Create a vision board.

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

BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

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, team building, and a supportive workplace culture.

Check out Moda Health's mini challenges for March and April:

Exploring 'Beyond the Table' for National Nutrition Month 2024

Explore "Beyond the Table" for National Nutrition Month and consider the entire journey of our food, from its production and distribution to the choices we make.

The "Beyond the Table" theme encourages us to think about the impact of our food choices on the environment, local economies, and our own health. It reminds us that nutrition is not just about

- [Play the Stress Away Challenge](#): In this three-week challenge, fill in your game board using the playful activities listed, or create your own. Each activity is worth 1-2 points based on complexity. Get as far along your gameboard as you can with goal of reaching the end by week 3.
- [Get Active Challenge](#): For this two-week challenge, use the activity tracker to write down and track your aerobic and strength training activity. Try to meet or exceed the physical activity guidelines listed.

Additional Resources: [Healthy Aging \(Moda Health\)](#), [Nutrition \(Moda Health\)](#)

what we eat at the table, but also the farm-to-fork aspect of nutrition. By understanding where our food comes from and how it is produced, we can make more informed choices that support sustainable practices and local farmers. Let's celebrate the farmers, producers, and distributors who work hard to bring food to our tables, and let's make choices that nourish both our bodies and our communities.

Tip: If you're interested in signing up for a summer CSA box, start researching local options now! Small-scale farmers are limited by the quantity they can provide, so slots fill up quickly.

Additional recourses: [Stocking refrigerator for quick, inexpensive meals throughout the week](#), [Eatright.org](#)

National Park Week - Time to Get Outside!

[National Parks Week](#) is a celebration of America's natural treasures, highlighting the beauty and importance of our national parks. National Parks Week is not just a time to enjoy the beauty of our natural landscapes but also a moment for reflection. It's a time to appreciate the profound significance these parks hold for us and our communities. They provide us with a place to unwind, explore, and connect with nature in ways that rejuvenate our spirits. From hiking and camping to wildlife watching and scenic drives, national parks provide a wide range of activities for all ages!



This year, National Parks Week is from April 20th to April 28th. Entrance fees will be waived on April 20th, inviting everyone to join in the celebration and explore these natural wonders without cost. There will be special events and programs planned throughout the county. Stay updated on National Park Week on social media and join the excitement by using the hashtag [#NationalParkWeek](#).

National parks provide a perfect opportunity to reconnect with nature and immerse yourself in the beauty of the great outdoors, so pack your bags, lace up your hiking boots, and embark on an adventure to a nearby national park to celebrate National Parks Week!

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