

Moda Wellbeing Newsletter

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



Mindset Matters

Enhancing Your Quality of Life in the New Year

As the new year begins, January's Quality of Life Month is the perfect time to focus on meaningful changes for improved well-being. Moda Health's 6 wellness pillars—movement, nutrition, sleep, mindset, financial, and social—offer a balanced approach to enhancing quality of life. Let's explore how incorporating these pillars into our routines can elevate well-being.

Movement: Stay active with daily movement, whether through walking, yoga or strength training.

Nutrition: Fuel your body with a balanced diet, focusing on more fruits, vegetables, and water for increased energy and vitality..

Sleep: Prioritize quality sleep by creating a relaxing bedtime routine and aiming for 7-9 hours each night for optimal rest.

Mindset: A positive mindset fosters resilience and wellbeing. Consider adopting practices like mindfulness or journaling to cultivate gratitude and reduce stress

Financial: Improve financial health by budgeting, saving, or seeking advice for long-term security.

Social: Strengthen emotional well-being by nurturing relationships and connecting with others who share your interests.

Using Moda Health's pillars of health and wellness creates a well-rounded approach to enhancing quality of life. Small, intentional steps in each area can lead to lasting improvements, setting the stage for a happier and healthier year ahead.



Take care of yourself in the New Year with preventive screenings!

Cancer screenings are essential for the early detection of cancer, catching symptoms before they can appear and increase the likelihood of treatment success. The New Year brings new opportunities to learn about these screenings and find ways to take control of your health. January marks Cervical Cancer Awareness month, which emphasizes the importance of screenings like Pap Smears and HPV tests to ensure cervical health. February observes Cancer Prevention Awareness Month which focuses on lifestyle changes and screenings that can reduce the risk of developing cancer.

Regular screenings and check-up visits can help you stay on top of your health throughout all phases of your life. Talk to your provider about what types of screenings you may be due for and are recommended for you!

Common preventive cancer screenings include:

Screening Type:	Recommended For:	How Often:	Method:
Breast Cancer Screenings	Individuals between the ages of 40-74	Every 2 years	Mammogram
Cervical Cancer Screenings	Individuals are recommended for cervical cancer screenings starting at age 21	Pap tests are recommended every 3 years beginning at age 21; from age 30-65 screening can also include an HPV test every 5 years on its own, or along with a pap test; over age 65, screening recommendations depend on individual risk factors and screening history	Pap Smear, HPV Test
Colorectal Cancer Screening	Individuals between the ages of 45-75	GFOBT: Annually; FIT: Annually; Colonoscopy: Every 10 years; Flexible Sigmoidoscopy: Every 5 years alone or every 10 years with annual FIT; CT Colonography: Every 5 years	Guaiac Fecal Occult Blood Test (gFOBT), Fecal Immunochemical Test (FIT), Colonoscopy, Flexible Sigmoidoscopy, CT Colonography

Health Coaching Hub

Support Your Wellbeing after the Holidays Wind Down

The whirlwind of the winter holidays can leave us feeling stretched thin – whether by packed schedules, financial strain, or the emotional ups and downs of the season. As the pace slows, the new year is a perfect time to check in with yourself and pour into your physical, mental, and spiritual wellbeing.

What Are Some Wintertime Ways to Recharge Post-Holidays?

- ♥ Find **screen-free ways** to engage with your creative side: kick back with a good book, journal your reflections on the past year or hopes for the new one, try a paint-by-number kit, share conversation around a delicious meal, or explore other creative activities that inspire you – without technology.
 - ♥ Call a friend or loved one you haven't seen in a while. Even just the act of **reaching out** can fill you both with a sense of love and connection.
 - ♥ Bundle up with a blanket and hot drink. Allowing yourself to **savor staying cozy and comfy** indoors is a great way to recharge your batteries. Or head outside for a refreshing midday walk to boost mood and energy!
- Fun fact:** The Danish concept of “hygge” is all about cultivating coziness, warmth, and gratitude for life's simple pleasures.



For Moda Health Members

Health coaching helps you identify realistic, impactful actions—like those listed above—and make a plan to turn goals into reality. Deciding you want to drink more water or get outside more often is one thing, but making it happen is another. That’s where health coaching comes in: we help you put the pieces together, anticipate barriers, brainstorm solutions, and guide you toward achieving your goals, so you don’t just survive this winter, you thrive!

Eligible Moda Health members have access to one-on-one health coaching at no cost.

Contact us for more information!

Call 800-913-4957 Monday through Friday from 8:00 a.m. to 4:00 p.m.

Pacific time, or email

healthcoachteam@modahealth.com.

Cozy Sips: Immunity Bombs

Give your body an extra boost during this cold and flu season with easy-to-freeze immunity bombs. One little cube is loaded with ingredients that help strengthen your immune system, reduce inflammation, soothe coughs or sore throats, and are bursting with vitamins and antioxidants. Not to mention, help keep you hydrated during the cooler months.

Ingredients:

½ cup fresh ginger, peeled

2 lemons, some skin removed, can leave on for extra fiber

2 tsp ground turmeric

¾ cup honey, local if available

Optional ingredients to customize:

garlic

black pepper

Cayenne pepper

Cinnamon

Coconut water

Instructions:

Combine all ingredients after roughly chopping in a blender and mix until smooth.

Pour mixture into ice cube tray of choice and freeze until solid.

Add 1-2 cubes to a mug of hot water and stir to melt and combine.

Adapted from: [Cold Bomb Recipe](#)

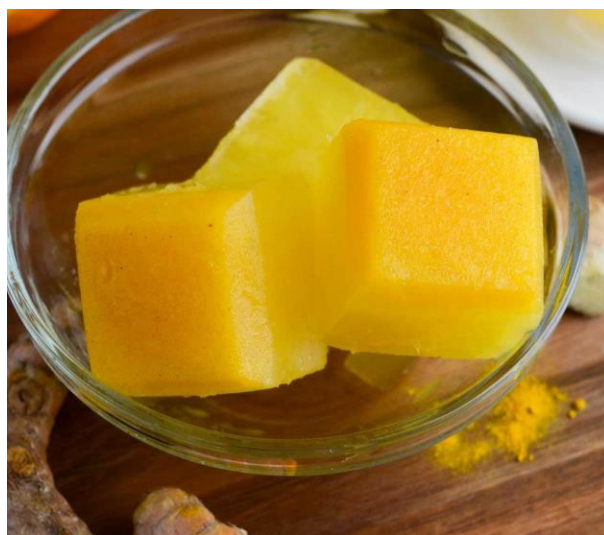


Image: [Naturallie Plant Based](#)

Let's Learn! Resource spotlight

New Year Bingo Challenge

There's a lot to enjoy about the holiday season – spending time with family and friends, eating holiday meals and relaxing. But sometimes the holidays can make us move our health and well-being to the bottom of our priority list.

To continue our good habits and stay healthy through the holidays and into the new year, try to complete as many BINGOs in the next two weeks as you can.

Instructions:
Complete five activities in a row (vertically, horizontally or diagonally) to win a BINGO!

Movement	Do an outdoor activity with family/friends	Find a new walking/ hiking trail	Make your own bodyweight workout	Stretch for 10 minutes	Put your workouts into your schedule
Nutrition	Add a fruit or vegetable to a meal	Practice mindful eating	Drink a glass of water between each holiday drink	Bring the healthier option to the next party	Stop eating when you are 80% full
Sleep	Turn off electronics 1 hour before bed	Keep regular bedtime and wake-up time	FREE	Incorporate relaxing activity before bed	Avoid big meals 3 hours before bedtime
Mindset	Practice self-care	Write down 3 things you are grateful for	Try a new craft	Practice meditation for 5 minutes	Reflect on the good things of last year
Social & Financial	Start a new year tradition with others	Play a game with your friends and/or family	Set a financial goal for the new year	Volunteer or donate to a charity	Connect with friends and/or family virtually



Didn't Achieve Your New Year's Resolution? You're not alone.

This time of year, it's common for people to share their highlights and accomplishments of the past year, especially on social media. It can be a bit unsettling if you didn't accomplish the goals you set at the beginning of the year. If you feel this way, you're not alone. Depending on the source, 80-92% of people who make New Year's Resolutions don't achieve them.

If you'd like, you can take this opportunity to reflect on the past year and learn why the goals made were not met. Was there not enough motivation? Not enough time? Was the goal not specific enough? Or, if you'd prefer to let go and move on without reflection, that's another way forward.

Make sure to give yourself some forgiveness and compassion. Not meeting your goals is not a failure. It's ok if things didn't go as planned or you didn't make the progress you were hoping for this year. Instead of focusing on what didn't happen, take a moment to celebrate your achievements, even if it was getting through a tough year.

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 Health's mini challenges for January and February:

- **New Year Bingo Challenge:** For this challenge, over the two weeks, complete five healthy activities in a row to win a BINGO! [Click here](#) to access the challenge.
- **Heart Health Challenge:** In this challenge, track the heart healthy behaviors you complete and get as many points as you can over the next 10 days. [Click here](#) to access the challenge.