

Moda Health's Wellness Resources

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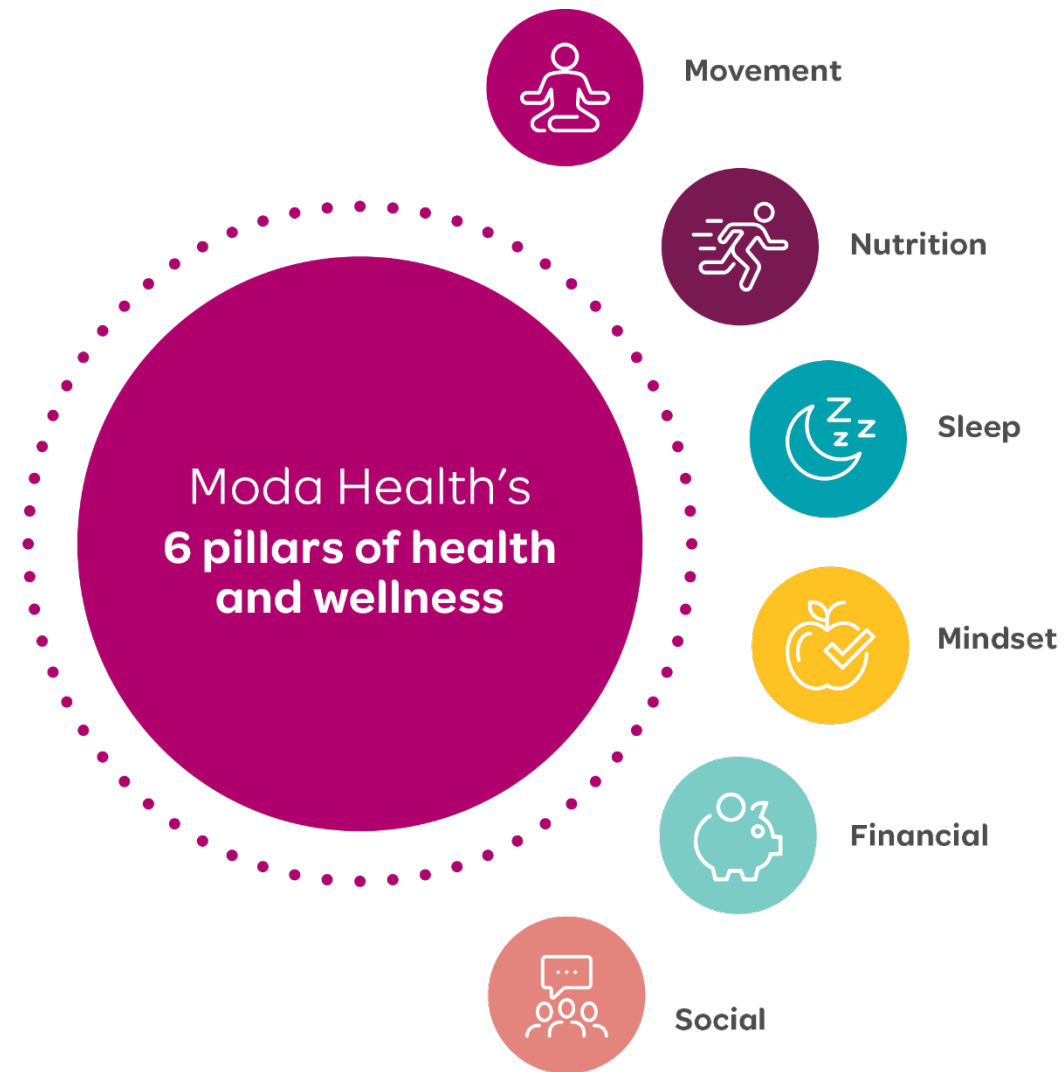
OEBB Wellness Champion Network Meeting

April 17th 2024



OEBB Wellness Consulting Program

- At Moda Health we're committed to promoting a culture of health and well-being for all our members and offer wellness consultants and funding to support happier and healthier workplaces.
- Consultants are available to help plan, implement, and sustain a workplace wellness program.
- OEBB Wellness Funds available to support entities with their workplace health and wellness efforts. See [website](#) for more details.
- The following resources and new Moda updates are communicated to OEBB entities monthly.



Wellness Webinars and On-Demand Workshops



> Be well 2024

Be your best in 2024! Tune into webinars with your OEBC-dedicated wellness consultants. From wellness topics to program strategy, you'll learn actionable tips and takeaways for not only improving your own health, but also inspiring wellness in your workplace.

January Realigning on our annual health goals	February Fermented foods for gut health	March Creating a functional fitness routine
April Healthy fats	May Tools for managing stress and creating a new mindset	June Foam Rolling 101: Restore & Re-energize
July Summer break	August Summer break	September Maintaining a healthy immune system
October Real food on a real budget	November From A to Zzz's: optimizing sleep	December Budgeting, Planning, and Empowerment for Financial "Wellth"

All webinars are on the **third Thursday** of the month at 3:30 p.m. PT. To sign up, click on the webinar topic or scan the QR code.

For questions, email oebcwellnessprogram@modahealth.com

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Health plans in Oregon and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. Delta Dental of Oregon, Dent of plans in Alaska provided by Delta Dental of Alaska. REV# 1050 (10/23)



- **Cooking Classes**
 - Greek Muffin-Tin Omelets with Feta & Peppers
 - Overnight Oatmeal
 - Grilled Radicchio Salad
- **Movement/Mindset Workshops**
 - Great Blue Heron Stretching Meditation
 - Calming Meditation for Relaxation
 - Gratitude Exercises
- **Craft Classes**
 - Tin can candle holder



Access webinar calendar, recorded webinars, and workshops on the Moda Health [website](#).

Monthly Mini Challenges

The Path to Sustainability Challenge


Did you know that the typical U.S. adult has a carbon footprint of 16 tons (nearly four adult elephants in weight) a year? Even with such an enormous statistic, there are a lot of "steps" you can take to reduce your carbon footprint by several tons a year and help leave the Earth a little better than before. Carbon footprints are the imprints that shape our planet's future.

Directions:
The goal of this challenge is to walk through Leafy Lane Park by completing Earth-friendly activities to help keep our environment clean and reduce your waste. Use the ideas below or create your own! When you complete an activity, fill in a footprint, and continue your stroll through Leafy Lane Park.

Activity ideas to help reduce your carbon footprint:


- Try a plant-based recipe
- Reuse or repurpose bags and jars for shopping or storage
- Collect rainwater for outdoor use
- Wash laundry in cold water
- Shop at a farmer's market or second-hand store
- Change your commute (walk, bike, carpool, public transit)
- Turn off computer, screens and other electronics when not in use
- Opt for reusable straws, cups or cloth napkins
- Print double-sided
- Collect 10 pieces of trash
- Participate in a tree-planting initiative or plant one in your yard
- Cook more meals at home vs. takeout
- Make your own earth-friendly cleaners or detergent
- Shorten your shower by five minutes or reduce the water temperature

Do you know what your carbon footprint is?
Try [EPA's Household Carbon Footprint Calculator](#) to estimate your annual greenhouse gas emissions.



Connect with a health coach – just for you!
Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will 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. For more information, contact healthcoachteam@modahealth.com or call 800-913-4957.

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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, collecting stamps, or writing stories in your free time. Studies show that play helps:

- Relieve stress
- Improve brain function
- Boost creativity
- Increase energy
- Keep your mind sharp
- And is 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 listed here or create your own. Each activity is worth one or two points, based on complexity. 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


YOU DID IT! CHALLENGE COMPLETED

START HERE

Time for a happy dance!

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Access the Monthly Mini Challenges on the Moda Health [website](#).

Moda Wellbeing Newsletter



Welcome to Moda Wellbeing, a newsletter designed to share seasonal recipes, resources, and tips to build happier, healthier workplaces.

Mindful Moment Mindset Matters Bingo Challenge

In honor of Mental Health Awareness Month, Moda Health created the Mindset Matters Bingo Card challenge, based on our [Pillars of Health & Wellness](#). The challenge encourages engagement in activities that prioritize mental well-being, including movement, nutrition, sleep, social, and even financial health. Remember, you are important, and it's important to take time for self-care.

Click [here](#) to download the Mindset Matters Bingo Card.

[Movement Pillar Health Tip](#)

[Nutrition Pillar Health Tip](#)

[Sleep Pillar Health Tip](#)

[Mindset Pillar Health Tip](#)

[Social Pillar Health Tip](#)



Let's Learn! Resource Spotlight



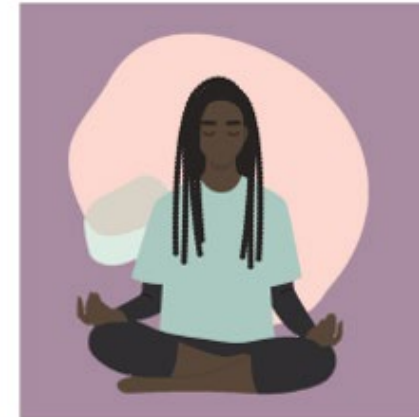
Movement & Mental Health

Chronic stress can produce a number of undesirable responses in the body, including increased feelings of anxiety, fatigue, and tension. Regularly stretching has been shown to reduce mental tension and, when combined with mindful breathing techniques, may also help to decrease anxiety and depression.

Click [here](#) to read more from the American Council on Exercise.

Additional Resources: Total Body Stretching Warm-Up ([WebMD](#)), Total Body Stretching* ([Moda Health](#))

*By signing up and/or participating in a Moda Health class, you agree to our guidelines [here](#).



Sleep & Mental Health

Sleep is a critical component of overall well-being. It doesn't just heal your body; it heals your mind. A good night's rest can change how you interact with the world by elevating your mood and improving your concentration. But in our fast-paced world, increased feelings of stress and anxiety can prevent people from tapping into the healing power of sleep. This is where mindfulness comes in! Mindfulness can set the stage for sleep by allowing you to be more aware of your thoughts and to be able to let go of those anxieties instead of getting stuck on them.

Click [here](#) to read more from Mindful, and click [here](#) try a 10-minute breathing meditation by Calm.

Additional Resources: 12 Months of Better Newsletter: Sleep ([Moda Health](#))

The Moda Wellbeing Newsletter can be accessed on the Moda Health [website](#).

Explore wellness resources

Community Connections Nutrition & Your Mood



When it comes to your mental health, there may be more to the old adage "go with your gut" than you think. That's because our gut is connected to our brain, courtesy of one of the largest nerves in our body - the vagus nerve. This wandering nerve goes straight from our brain to our gut, infusing other vital organs along the way. So, when your stomach is upset or doesn't have the proper nutrition, it can influence how you feel.

For example, foods like fruits, vegetables, fiber, and healthy fats fuel the gut's bacteria (also known as the microbiome), contributing to healthy gut bacteria while removing deficiencies to support mental health. At the same time, limiting or replacing sugar and processed foods with healthy alternatives can help you maintain stable blood sugar. Together, they are good for coating our nerves and helping our brain function appropriately.

Click [here](#) to read more about how proper nutrition affects mood.

Tips to promote healthier, happier workplaces

Engaging mini-challenges

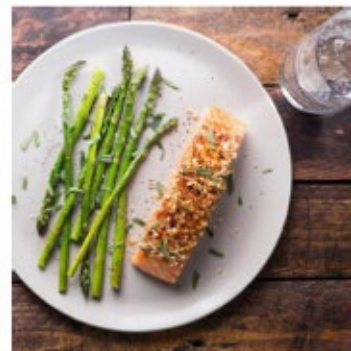
Featured seasonal recipes

Better Bites Baked Mustard-Crusted Salmon

Salmon is one of the most nutritious foods on the planet! This popular fatty fish is loaded with nutrients that may reduce risk factors for several diseases, and a growing number of studies suggest that including salmon in your diet might improve brain function. It's also tasty, versatile, and widely available. ([Healthline](#))

Ingredients

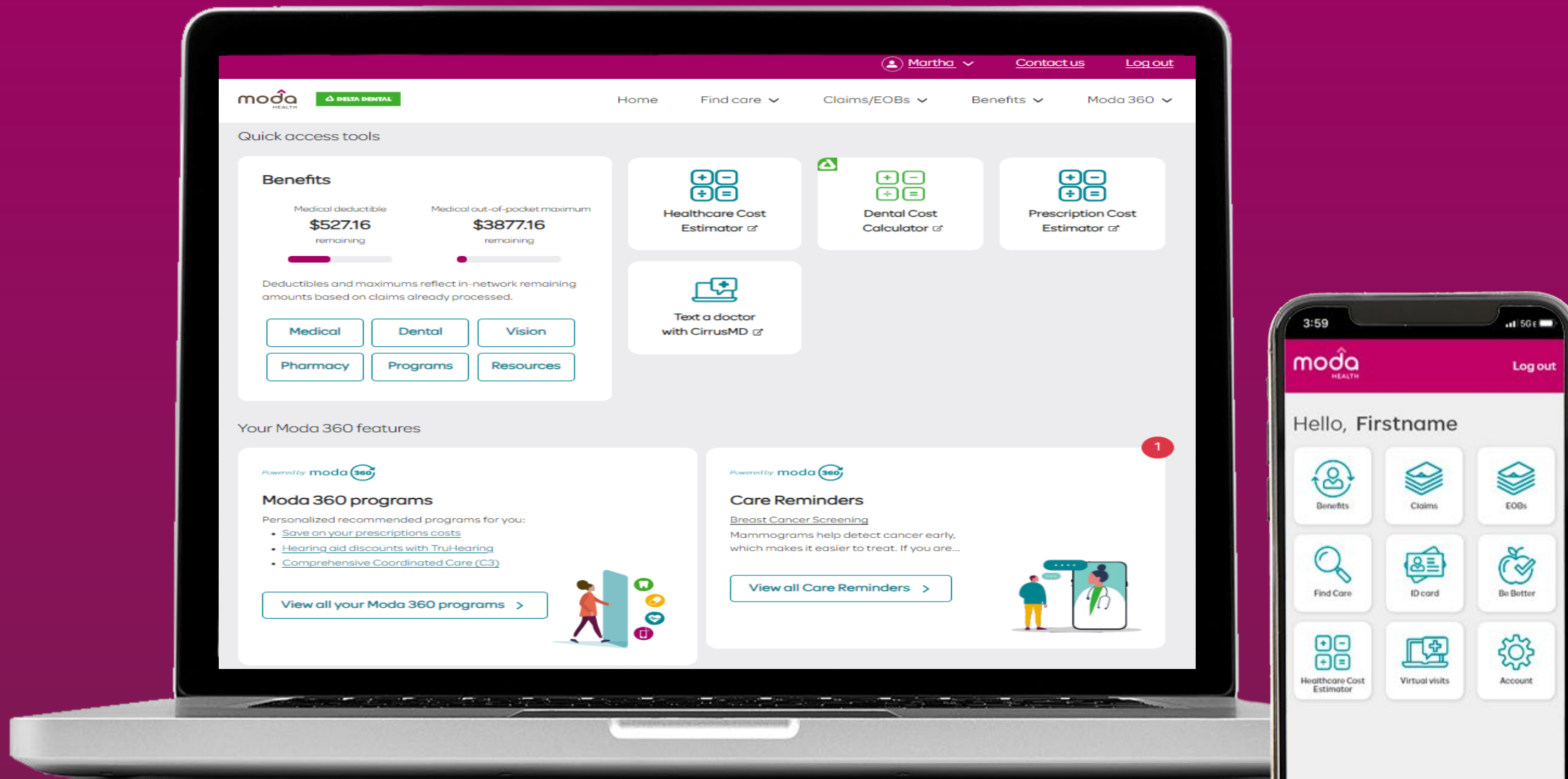
- 1 bunch of thin asparagus, trimmed
- 3 tbsp olive oil, divided
- ¼ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- 4 (6-ounce) skin-on salmon fillets
- 8 tsp country-style or whole-grain Dijon mustard
- 3 tbsp panko (Japanese breadcrumbs)
- ¼ tsp smoked paprika
- 2 tbsp fresh tarragon, chopped



Member Tools



Member Dashboard



Sprout at Work

Moda members can join an all-in-one digital wellness community designed to help build healthy habits. This easy-to-use app helps members stay motivated and participate in ways that align with their lifestyle.



Goals and Challenges



Device connection and activity tracking



Real time Health Risk Assessment (HRA)



Social Streams and communities



Events Calendar



Curated content library



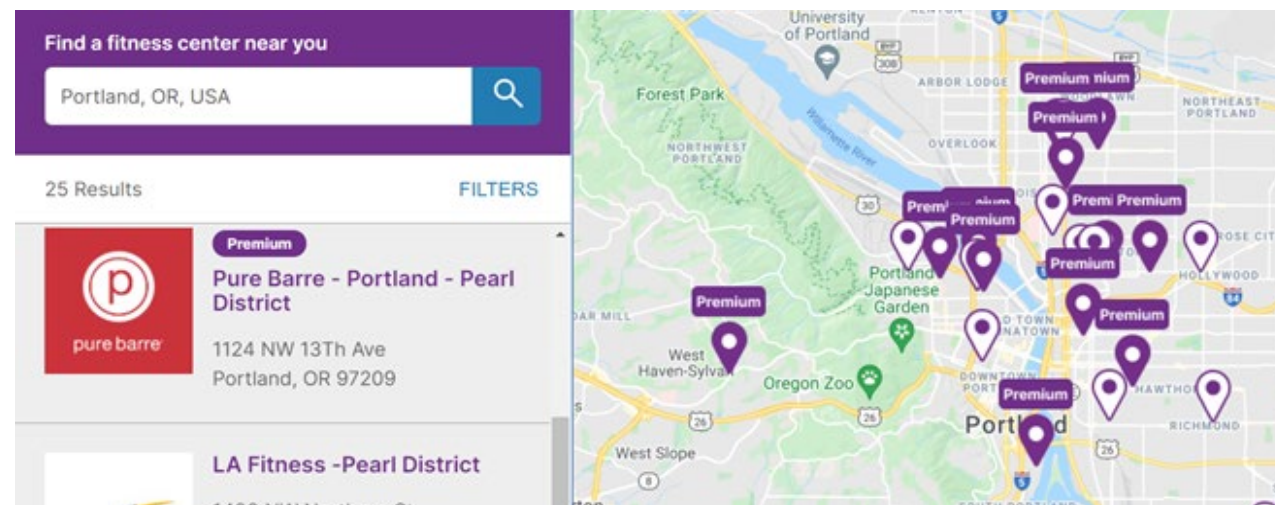
Members can enroll in Sprout through their [Moda Member Dashboard](#).

More information about Sprout can be found [here](#).

Active&Fit Direct

Members receive discounts on 11,900+ gyms and access to 9,000+ workout videos on-demand, starting at \$28/month*. Includes:

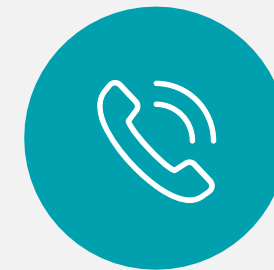
- **Guest passes** to try a gym before joining.
- **Flexibility** to change gyms at any time or cancel your membership.
- **Access** to online directories from any device.



Moda's Pre-Diabetes Prevention Program (Pre-D)



- OEGB members have access to Moda's Pre-D program at no cost to the member.
- Members who engage in the CDC accredited Pre-D program can decrease their risk for chronic conditions such heart disease, stroke and developing Type II Diabetes.
- The initial session includes:
 - An assessment
 - Creation of personal program goals
 - Referral to a nutritionist at no cost to the member
 - Personalized health coaching
 - FitBit, FitBit Premium, and a scale to track weight and exercise.
 - You can access the Pre-D program through your Member Dashboard or the Pre-D website
<https://www.modahealth.com/oebb/pre-d/>



Call the Pre-D team at
833-212-5028 or email them at
predprogram@modahealth.com

Our world is moving fast.



Our Behavioral Health Champions and Self-Guided Assessment offer two ways to help you find care that helps you feel your best. Whether you prefer personal guidance or the privacy of taking a self-assessment, we make it easy to find the mental health care and support that's right for you.

Go to the Behavioral Health 360 tab in your Member Dashboard to:

- Connect with a Behavioral Health Champion
- Complete a Self-Guided Assessment

Behavioral Health Champions

Our Behavioral Health Champions are ready to bring all the support, tools and resources for mental wellness directly to you. They can help you:

Find a local mental health professional that's right for you

Get the care and support you need quickly and easily

Verify provider availability to make it easy for you to book appointments

They'll also follow up with you to make sure you have what you need and are getting care that works for you

Get started today by using the best option *for YOU*:

- Call **833-212-5027** (TTY users, please dial 711)
- Email bhchampions@modahealth.com
- Log in to your Member Dashboard at modahealth.com/memberdashboard or download the Moda 360 app from the App store or Google Play



Self-Guided Assessment

If you prefer to find the right support on your own, our Self-Guided Assessment walks you through a series of questions that recommends personalized resources to fit your needs.

To get started:

1. Log in to your Member Dashboard.
2. Click on the **Behavioral Health 360 programs** tab.
3. Find and select the **Self-Guided Assessment** link.

Moda's Behavioral Health 360 Program

Our Behavioral Health Champions and Self-Guided Assessment offer two ways to help you find care that helps you feel your best.

The screenshot shows the Moda 360 website interface. At the top, there's a navigation bar with the Moda Health logo, Delta Dental, and links for Home, Find care, Claims/EOBs, Benefits, and Moda 360. Below the navigation is a hero section with the text: "Healthcare can be complicated. That's why we created Moda 360 – your own enhanced member support team." Below this is a breadcrumb trail: "Moda 360 Programs > Behavioral Health 360 > Core Reminders". The main heading is "Behavioral Health 360 Programs". Below the heading is a sub-heading: "Whole health includes behavioral and mental health. Explore the services available to you or contact your Behavioral Health Champion to find the care that you and your family need." There are two main service cards: "Self-Guided Assessment Tool" and "Contact a Behavioral Health Champion".

To contact a Behavioral Health Champion call **833-212-5027** or email bhchampions@modahealth.com

Thank you!

Questions? Email oebbwellnessprogram@modahealth.com

