

Moda Health's Wellness Resources

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OEBB Wellness Champion Network Meeting
January 9, 2023



OEBB Wellness Advising 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.



Monthly Mini Challenges

Eat the Rainbow Challenge

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective antioxidants—supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate (and eat the rainbow!)

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

10-Day Water Challenge

What nutrient can boost skin health, help deliver oxygen to your body, and improves your focus and brain function? The answer makes up 60% of our body – WATER!

The benefits that come from water are endless, which is why drinking enough water daily is so important.

For the next 10 days, the goal of this challenge is to drink at least 64 oz. (or eight 8-oz. glasses) of water daily.

Tips to drink more water:

- Keep a reusable water bottle with you
- Set reminders to drink more water
- Drink one glass of water before each meal
- Drink one glass of water when you first wake up and before bed
- Flavor your water by adding fruit (lemons, limes, cucumber, etc.) to it

Day	Drop 1	Drop 2	Drop 3	Drop 4	Drop 5	Drop 6	Drop 7	Drop 8
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								

Instructions:
Fill in a drop for each glass you drink.

Goal:
For the next 10 days, the goal of this challenge is to drink at least 64 oz. (or eight 8-oz. glasses) of water daily.

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.



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Access the Monthly Mini Challenges on the Moda Health [website](http://www.modahealth.com).



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.

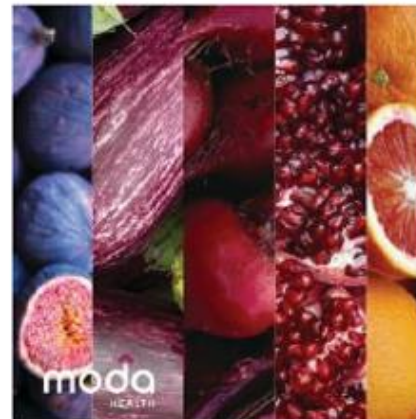
Click [here](#) to read more from Mindful, and click [here](#) try a 10-minute breathing meditation by Calm.

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

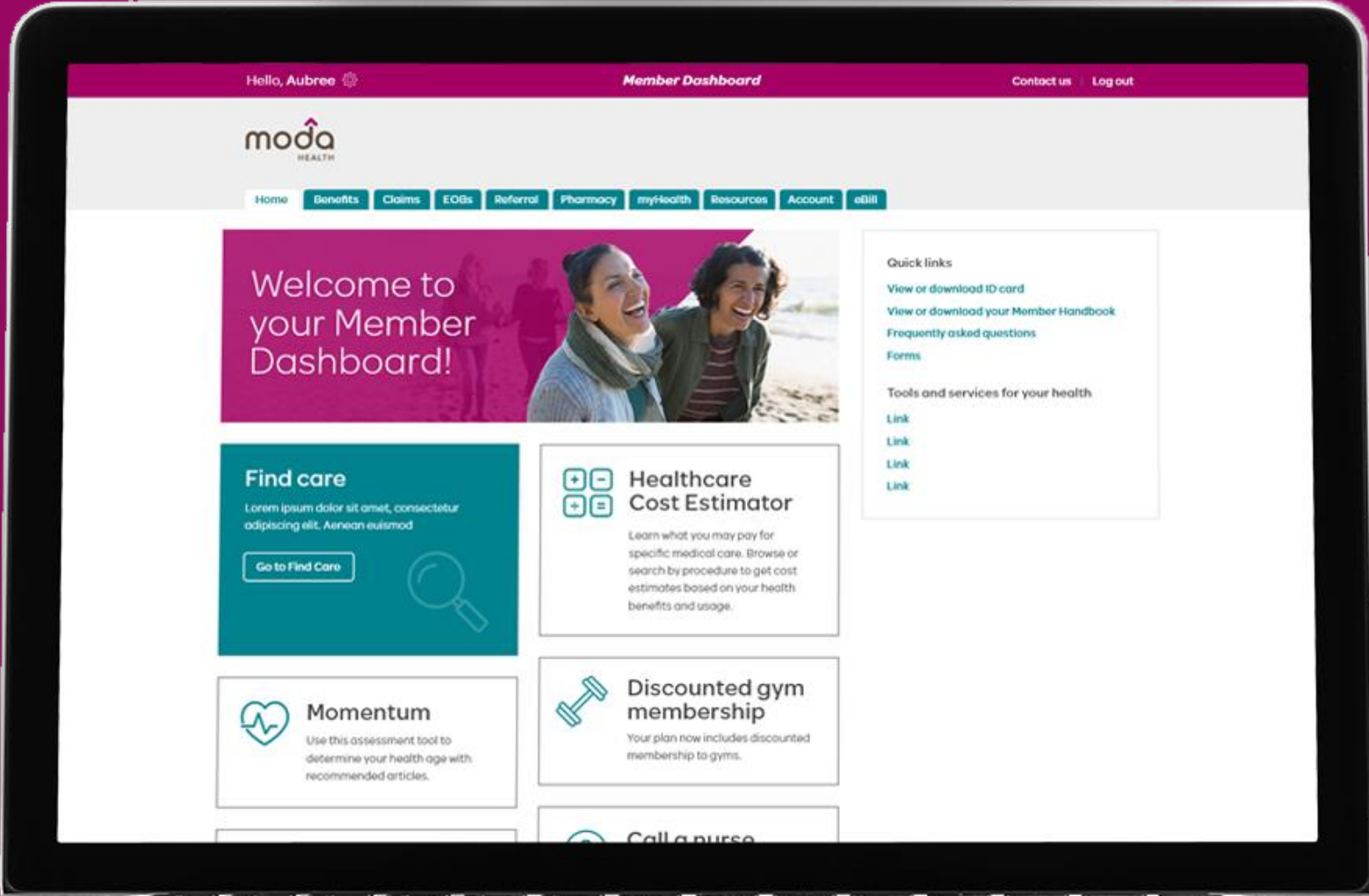
- 1 bunch of thin asparagus, trimmed
- 3 tbsp olive oil, divided
- ¼ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- 4 (6-ounce) skin-on salmon fillets
- 8 tsp country-style or whole-grain Dijon mustard
- 3 tbsp panko (Japanese breadcrumbs)
- ¼ tsp smoked paprika
- 2 tbsp fresh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



Member Tools



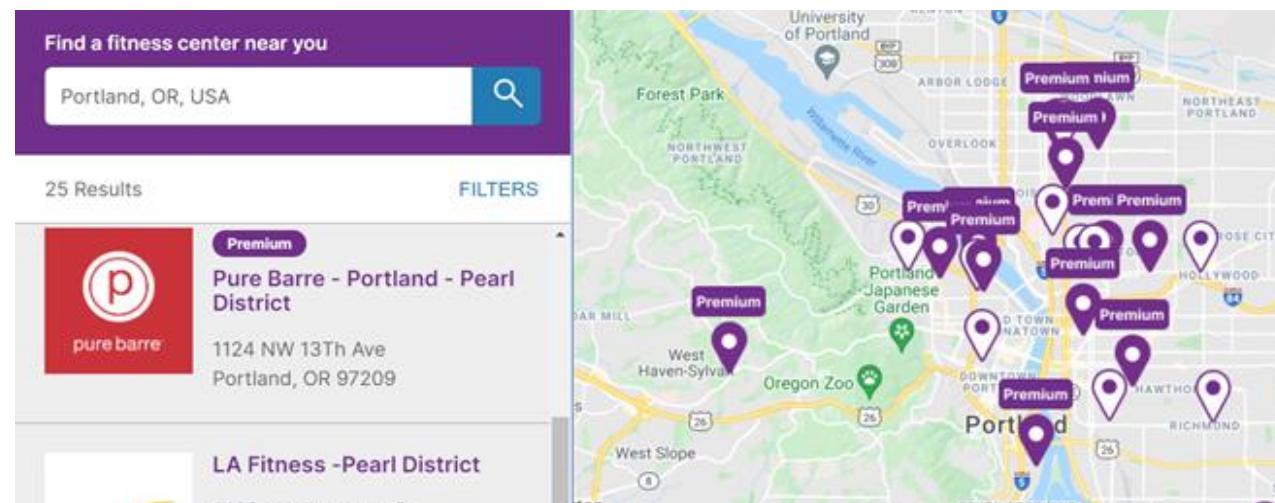
Member Dashboard



Active&Fit Direct

Members receive discounts on 11,900+ gyms and access to 9,000+ workout videos on-demand, starting at \$25/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.



*Monthly membership and initiation fee to increase to \$28/month on April 1, 2023

We've got a health coach just for you!

As a Moda Health member, you have access to a valuable, personalized benefit to help you manage and improve your health. The Moda Health Coaching Program is available at no cost to you as part of your benefits!

You can work one-on-one, confidentially, with a health coach to:

- Set sustainable health goals and move toward them in ways that work best for you
- Better understand your health and how to advocate for yourself
- Manage ongoing health issues like diabetes
- Make healthy changes to manage diet, exercise, stress and more

Health coaching takes place by phone, which makes it easy to connect from just about anywhere.

Get started!

Let us know how and when to contact you by completing a short survey at modahealth.com/hc or by scanning the QR code below with your smart phone. Then, a health coach will reach out to discuss next steps.

Questions?

Please call 855-466-7155 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email healthcoachteam@modahealth.com.

Moda Partners, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY: 711). PAUNAWA: Kung nagpasalita ka ng Tagalog, ang mga sarbitayong tulang sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 1-877-605-3229 (TTY: 711).



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Telephonic Health Coaching

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Pre-D
program

Small Steps—Big Changes

Action Plan Journal

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Pre-D

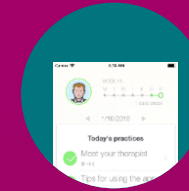
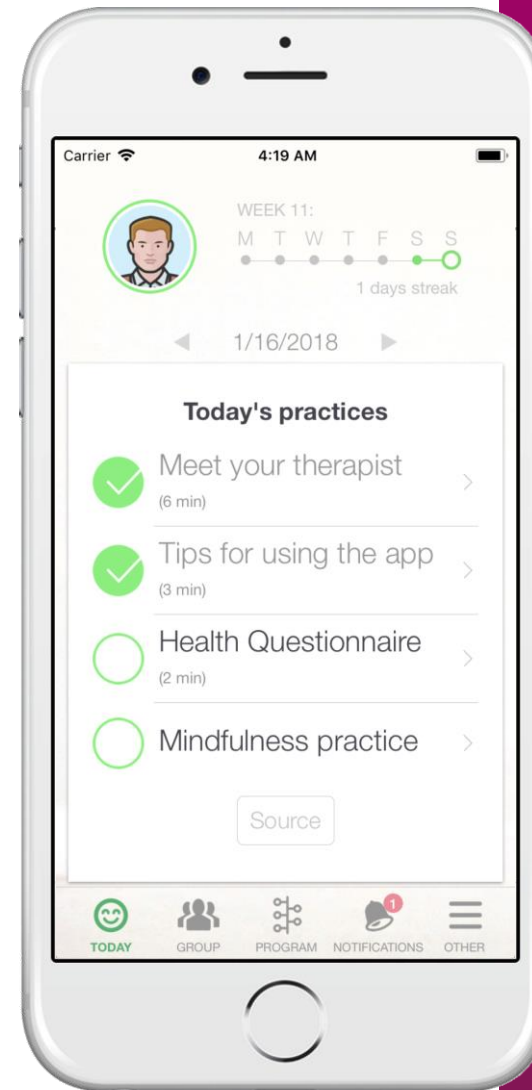
- 12-month prediabetes program
- 16 sessions with a health coach
- Additional benefits including waved copays for nutrition visits
- To see if eligible, [complete the online CDC screening survey for prediabetes](#)
- For questions about the Pre-D program email predprogram@modahealth.com or call 833-212-5028

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Meru Health

A comprehensive approach to treating mental health

12-week evidence-based program via Smartphone App



Lessons and Practices

CBT, mindfulness, sleep and nutrition. User-friendly audio and video practices.



Licensed Therapist Chat

Daily support via chat to enhance learning and engagement.



HRV Biofeedback

Objective physiological feedback provided for patients.



Peer-Support Group

Anonymous and confidential.



Psychiatrist Support

Case overview and medication management (when needed).



PCP Collaboration

Reports and updates provided to PCP and/or patient's care team





The support you need *and* deserve

Our **Behavioral Health Champions** bring all the support and tools you need for mental wellness right to you.

Our world is moving fast. As you manage all of the responsibilities in your life, challenged by all the forces in our world, you may find yourself needing someone to help you find the right mental health balance and support. That's where we come in.

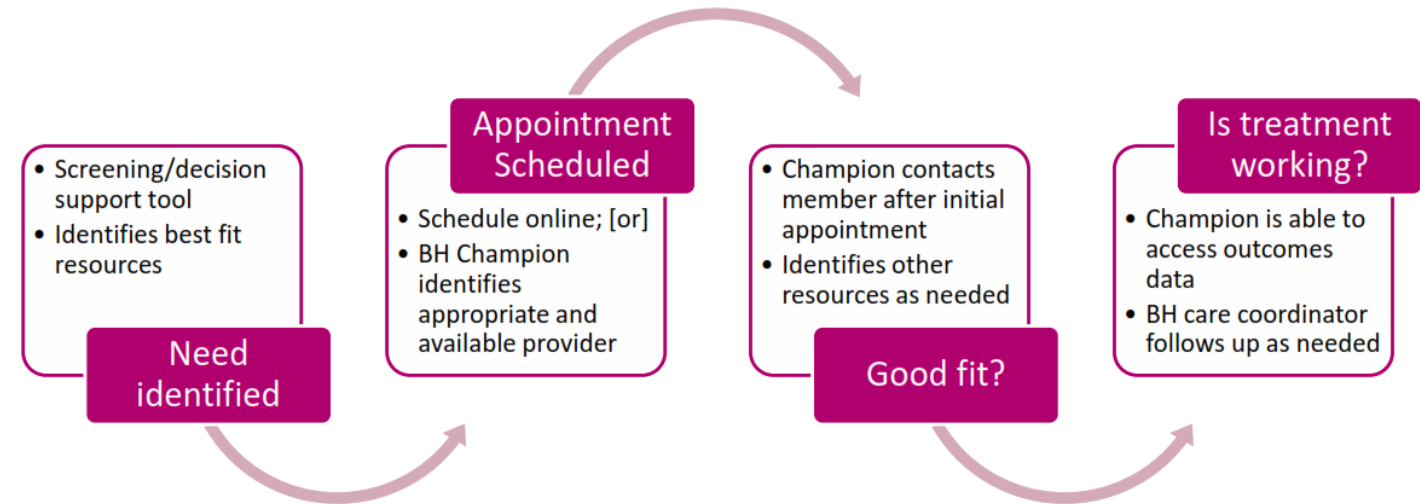
Your **Behavioral Health Champion** can help you:

- Access a local mental health professional that's right for you
- Get the care and support you need quickly and easily
- Verify provider availability and schedule appointments
- With follow-up connections to make sure you have what you need and are getting the care and support you deserve

Starting Oct. 1, 2022, connect with your Behavioral Health Champion and see how a champ in your corner can help you.

Continued on page 2.

Behavioral Health Champion Network



To contact a Behavioral Health Champion call 833-212-5027



G E M I N I

- Discrete video modeling
- Behavioral skill development
- Language development
- Peer coaching
- Measurable outcomes
- Access in rural areas
- Decrease ABA hours

IMPROVING LIVES WITH ON-DEMAND THERAPY

Increase speech, language, reading, life, and social skills for those with and without exceptionalities.

Autism

Down Syndrome

Speech Delay



Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, a mental health benefit available through Moda Health.



With Spring Health, you and your family can access:

- 
Fast access to therapy
 Therapy sessions fit into *your* schedule — not the only way around. You can schedule your first appointment in less than two days, and on evenings or weekends.
- 
Diverse providers
 Find the therapist you want, who understands your lived experience. Search by specialty, gender, ethnicity, language, and more.
- 
Personalized care plans
 Get a flexible, dynamic care plan designed for your immediate needs and long-term goals.
- 
Wellness exercises
 On-demand access to a library of self-guided exercises to improve your mental wellbeing.
- 
Dedicated support
 Your Care Navigator—a licensed clinician—can help you find the right therapist, schedule appointments, and guide your care.
- 
Medication management
 If your care includes medications, our clinicians can prescribe and help you manage them.

Spring Health

- Care Navigation
- Digital CBT
- Age 6+
- Outcome Informed Care
- Rapid Access
- 30+ languages
- LGBTQ+
- 47% BIPOC Providers

Activate your account

Contact Spring Health
 careteam@springhealth.com
 1-855-629-0554
 Monday-Friday, 8:00am-11:00pm ET

Care with Spring Health is private, confidential, and available to Moda Health members and their eligible family members age 6+.

modahealth.springhealth.com

Are you or a loved one struggling to cope? Maybe drinking too much or using other drugs? Feeling stressed, anxious or depressed?



VISIT THE WORKPLACE WELLBEING PORTAL TODAY.

Get the answers and resources you need for yourself or your loved one.

Take a two-minute confidential assessment with personalized recommendations

Learn about addiction, recovery and mental health through articles, videos and podcasts

Find tips and resources to support your mental and emotional health

Your interactions are completely anonymous. No personal information is captured.

Hazelden Betty Ford Foundation



To access the Hazelden Betty Ford Foundation portal: [Workspace Wellbeing Portal | Hazelden Betty Ford Foundation](#)

Thank you!

Questions? Email oebbwellnessprogram@modahealth.com

