

Moda Wellbeing Newsletter



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

Mindful Moment Hygge (Pronounced hoo-ga)

Colorful leaves, cooler weather- signs of the changing season are all around us! Perhaps hot beverages, cozy sweaters and warm mittens. How about conviviality? Conviviality, along with comfort and coziness, are at the heart of the Danish concept of *hygge*; a concept that plays a large role in Danish life and has been catching on in other parts of the world as well.

In Danish culture, *hygge* is a way of life. In its true essence, it is an approach to life that involves presence, pleasure, and togetherness. According to Denmark's [website](#), "*hygge* is about taking time away from the daily rush to be together with people you care about - or even by yourself - to relax and enjoy life's quieter pleasures."

With the shorter, darker days, it can be a challenging time for some. *Hygge* invites us to embrace ways of nurturance, care, and relaxation alone or with others (gentle lighting, soft blankets, thick socks and a mug full of your favorite hot drink by the fire).

Considering that Denmark consistently ranks as one of the world's happiest countries ([World Population Review](#)), maybe it's worth taking note of a cornerstone of Danish culture. *Hygge* offers a different perspective as well as tangible experiences for embracing these months ahead. How might you incorporate some *Hygge* into your life this year?

We asked this same question to the Wellness team, here is what they shared:

- Enjoying s'mores with neighbors while sitting around the fire on the patio
- Read or work on a puzzle with a cup of tea
- Comfort of a winter wardrobe and cozy sweaters
- Bubble baths by candlelight
- Board games with family



Better Bites Roasted Brussels Sprouts & Butternut Squash

Roasted vegetables are a delicious and healthy side dish for any menu. Roasting gives the vegetables a soft, yet crispy texture and brings out their natural sweetness. Brussel sprouts and squash are in season this time of year, but if you prefer other vegetables try roasting a combination of these vegetables - asparagus, mushrooms, carrots, broccoli, or zucchini. Enjoy!

Ingredients

- 12 oz of fresh brussels sprouts, trimmed and washed
- 20 oz (about 3 1/2 cups) of butternut squash
- 1 tbsp olive oil
- 2 tsp dried thyme

Instructions

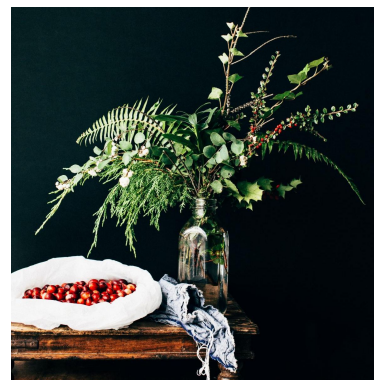
1. Preheat oven to 450 degrees F.
2. Slice brussels sprouts in half. Cut larger pieces of squash into 1-inch cubes.
3. Place brussels sprouts and squash in a large bowl and drizzle with olive oil. Stir with thyme and toss to coat.
4. Spread sprouts and squash in a single layer in a baking pan and bake for 25 minutes, until the sprouts and squash are tender and beginning to brown.

Makes 7 servings, each serving 1/2 cup

Recipe and image from [Diabetes Food Hub](#)

Additional Resources: [American Diabetes Association](#), [Healthy Diabetes-Friendly Recipes from Eating Well](#)





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 November and December:

- **Social Connection Challenge:** For this challenge, track how you positively connect with other people in your social network by writing down the person and social connection strategy for each day. Click [here](#) to access the mini challenge.
- **Holiday Bingo Challenge:** In this challenge complete five healthy activities in a row (vertically, horizontally, or diagonally) for a BINGO! Click [here](#) to access the mini challenge.

Additional Resources: Health Coaching ([Moda Health](#)), 12 Months of Better: Mental Health & Stress Resilience ([Moda Health](#))

Join "HealthyYou," Your Wellness Program from WebMD Health Services, to find support every step of your well-being journey. Your Moda medical plan allows you and your covered family members aged 18 or older to create secure accounts on the Healthy You portal. There's no cost to you! Get started today at <https://webmdhealth.com/oebb/>.

Navigating Holiday Parties While Honoring your Health Goals

November is [National Diabetes Month](#), a time dedicated to spreading awareness about a condition that affects millions of Americans. One of the many joys of the holidays is gathering with friends and family over seasonal food and cheer, but holidays can also be a challenging time to manage diabetes and other health conditions. If you're feeling anxious by the thought of choosing between maintaining your health goals and fully enjoying the holidays, fear no-more! With a little pre-planning, food-stress no longer has a seat at your holiday table and you can enjoy all the celebratory foods the season has to offer. Listen below are a few tips to consider:

- Don't skip meals in anticipation of the feast.
- Eating balanced meals throughout the day prevents overeating later and promotes stable blood sugar levels.
- Offer to bring a healthy dish. You can control the nutrition content, and most hosts appreciate the extra food!
- Create a [balanced plate](#). Fill ½ your plate with vegetables and fruit (raw, grilled, steamed), ¼ with lean protein (white turkey meat or tofu), and ¼ with whole grains.
- Enjoy holiday treats, mindfully.
- Eat slowly and savor the taste and texture. Take a bite, chat for a while, then enjoy another bite.
- Opt for lower-sugar beverages. Try sparkling water with a splash of cranberry juice and a lime wedge for a festive look.
- Keep moving. Staying active helps maintain blood sugar levels. Walk around, chase the kids, play a game of flag-football, or try a movement-based video game.

If you or someone you know would like assistance finding food this holiday season, resources are available at [Oregon Food Bank](#); [Meals on Wheels](#); and [Neighbor Impact](#). Find food sites by county [here](#).

Community Connections Taking on Diabetes



Diabetes is a complex condition. Individually, it impacts people in many different ways. After studying public health education and the prevention of chronic disease conditions, Moda Health's Pam Gundrum, MPH, found her passion as a health coach in supporting people in their efforts to better manage and reduce the impact of chronic conditions in their lives.

Pam has embraced the challenge of taking on diabetes because of its prevalence in our society. Hired on to help build Moda's Marketplace Quality Improvement Strategy (MQIS) program, five years ago, she has played a pivotal role in closing gaps of care in Moda's MQIS member population. Of the members she's coached, Moda has seen a 33% increase in those who have completed their recommended screenings, as well as those who see their doctor on a regular basis.

As a telephonic health coach who focuses exclusively on diabetes, she educates and supports Moda members on managing their diabetes condition, some for the very first time.

"It can be very overwhelming to a member, especially if they are newly diagnosed with the condition," she said. "I enjoy the opportunity to help members learn more about diabetes and to empower them on finding ways to make managing their condition less overwhelming. Coaching allows me to support members in their efforts to reduce the impact of diabetes in a way that can improve their overall quality of life."

Click [here](#) to continue reading. Click [here](#) to learn more about Moda Health's Coaching program.

