



Moda Wellbeing Newsletter

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

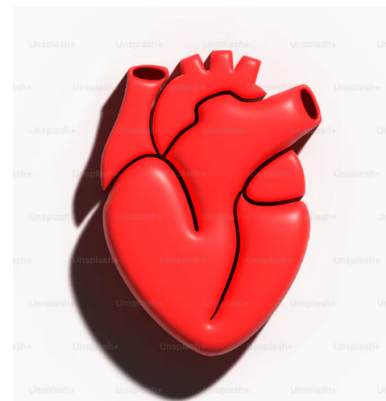


Mindful Moment: Moda Celebrates National Heart Health Month!

This February is National Heart Health Month - a time of the year to focus on our cardiovascular health, take time to give some extra care to our hearts, and maybe even get started on a new health journey! To celebrate, we've put together some resources to help guide your pathway to a healthy heart.

What the Heart Wants: physical activity is often one of the first steps toward building cardiovascular strength, preventing damaged arteries due to high cholesterol, and mitigating high blood pressure that is a risk factor for heart attack or stroke. Here are some ways to incorporate heart-healthy exercise into your workday - at the office or at home!

- Start your workday with some light dynamic stretching or balance-type activity. Some popular examples include yoga, Pilates, and tai chi. These activities are important for flexibility and balance, key factors of lifelong health. They are important in preventing pain or injury and



maintaining ability to do other forms of exercise. [Read more here.](#)

- Make good use of breaks by going for a short walk, jumping rope, or getting in a quick dance to your favorite song. These aerobic exercises will help improve circulation through the body and can help to lower blood pressure. Strength-type exercises like [push-ups, sit-ups, and squats](#) are also found to lower bad cholesterol and improve good cholesterol.
- Don't forget to stand up! For those of us used to working from the comfort of our desk chairs, standing up even once every hour can [help prevent cardiovascular disease or stroke.](#)
- If you are feeling adventurous, try a new exercise while commuting to work, like riding a bicycle, walking, or jogging with a group of co-workers. [Studies show](#) that walking an average of 10,000 steps per day can lead to improved cardiovascular health, strengthened heart and brain function.

Please remember to consult your doctor before attempting any new form of physical activity. Everyone has different physical activity needs and preferences. If you are an individual with heart health concerns or taking heart medications, you may be recommended shorter durations or modified activities to better suit your needs.

Additional resources: [The American Heart Association](#)

Better Bites: White Turkey Chili

Enjoy this heart healthy white turkey chili to stay warm this winter! It contains lean protein, vegetables, whole grains, and fiber to support the heart.

Ingredients:

- 3 tbsp extra virgin olive oil
- 1 pound lean ground turkey
- 1 large onion, diced
- 4 cloves of garlic, minced
- 2 medium zucchini, diced
- 1/2 cup bulgar
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon of ground coriander
- 1/2 teaspoon of white pepper
- 1/4 teaspoon of salt
- 2 15-oz cans of no-salt-added white beans, rinsed
- 2 4-oz cans of green chilies, mild or hot



- 4 cups reduced-sodium chicken broth

Instructions:

1. Heat oil in Dutch oven or stock pot over medium-high heat.
2. Add ground turkey, onion, and garlic. Cook, stirring and breaking up the meat with wooden spoon, until meat is no longer pink, about 3-5 minutes.
3. Add zucchini and cook, stirring occasionally, until zucchini starts to soften, about 5-7 minutes.
4. Add bulgar, oregano, cumin, coriander, white pepper, and salt and cook. Stirring, for about 30 seconds-1 minute.
5. Stir in white beans and chiles, then pour in broth and bring to a boil.
6. Reduce heat to a simmer, partially cover pot and cook, stirring occasionally, until liquid is reduced and thickened and bulgar is tender, about 50 minutes.

Makes 6, 1.5 cup servings. Recipe and image by [Eating Well](#).

Additional Resources: [Don't Walk By, Foods to Try](#) (Moda Health)

Let's Learn! Resource Spotlight

The Heart Health Challenge

Heart disease is the leading cause of death in the U.S., according to the American Heart Association and the Centers for Disease Control and Prevention (CDC). Fortunately, there are many healthy behaviors and lifestyle choices that people can engage in to help support a healthy heart.

For this 10-day challenge, the four heart-healthy behaviors you will be tracking include:

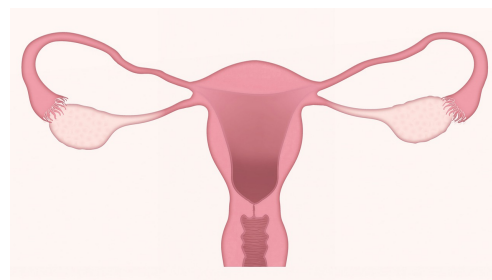
1. Add a vegetable or fruit in your meal or for snack (leafy green vegetables, bell peppers, tomatoes)
2. Include foods with healthy fats into your diet (avocados, fatty fish, walnuts, olive oil)
3. Exercise (walking, strength training, swimming, biking, etc.) each day for 30 minutes
4. Practice a stress management strategy (meditation, gratitude, self-care, breathing exercises)

Instructions:
In the heart tracking sheet below, put an "X" for each behavior that you complete (limit one "X" per behavior per day). Each "X" is considered one point. The goal is to try to get as many points as you can throughout the next 10 days.

Sources:
- <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
- <https://www.heart.org/en/about-us/heart-and-stroke-association-statistics>
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>

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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 healthcoaching@modahealth.com
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moda HEALTH



January is Cervical Cancer Awareness Month!

Each year in the US there are 11,500 new diagnoses and approximately 4,000 deaths from cervical cancer. Anyone with a cervix can be at risk for cervical cancer, but it is most often seen in people over age 30. If you have a cervix, screening for cervical cancer is an important part of routine health care and completing regular screenings can reduce your risk of developing this cancer. Cervical cancer screening helps to detect

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 Heath's mini challenges for January and February:

- **Consistent Calendar Challenge:** In this three-week challenge, you will set a goal that you want to accomplish (big or small). Use the 21-day calendar to track your daily progress. [Click here](#) to download the mini challenge.
- **Heart Health Challenge:** In this ten-day challenge, the four heart-healthy behaviors you'll be tracking include: intake of vegetables, fruits, healthy fats, exercise, and stress management strategy. [Click here](#) to download the mini challenge.

Additional Resources: [Women's Health](#) (Moda Health), [Heart Health](#) (Moda Health)

abnormal cells and cancers earlier when it can be easier to treat. These tests can be done with your primary care provider or gynecologist as part of a regular office visit.

For most people with a cervix, it is recommended that you begin screening for cervical cancer at age 21, lasting until age 65. There are multiple tests for cervical cancer, depending on what is recommended by your doctor, which can be done separately or together. To help reduce your risk of developing cervical cancer, the most important things you can do are to get vaccinated against HPV, complete regular screening tests, and go back to the doctor if your screening results are not normal.

Like screening for cervical cancer, many preventive health screenings are important for routine health care and maintenance. This includes annual wellness visits, dental cleanings, regular cancer screenings, updated vaccines and immunizations, and tests to manage chronic conditions. Talk to your doctor about the screenings you may be due for and what staying on top of your health looks like for you!

References and additional resources: [Cervical Cancer Statistics](#) (CDC), [What Can I do to Reduce My Risk of Cervical Cancer?](#) (CDC)



Harmony in Giving: The Impact of Blood Donation

In honor of [National Blood Donor Month](#) in January, let's highlight the critical importance of donating blood to save lives. Every two seconds, someone in the United States requires a blood transfusion, and by becoming a blood donor, you have the power to make a significant impact.

Donating blood is a simple yet powerful act that contributes to community health and emergency preparedness. Blood transfusions are essential for various medical procedures including surgeries, cancer treatments, trauma care, those

battling blood disease and more. Your donation can mean the difference between life and death for patients facing life-threatening conditions.

To donate blood, individuals can visit their [local blood donation centers](#), hospital, or participate in mobile blood drives organized by reputable organizations such as [American Red Cross](#) or local blood banks. These facilities ensure a safe and efficient process, and the [entire process](#), from the time you arrive until the time you leave, it only takes about an hour! The donation itself is only about 8-10 minutes on average.

As we celebrate National Blood Donor Month, let us be reminded that within each drop of blood, there is a profound story of compassion and generosity. When an individual generously contributes their blood, that singular act has the potential to save or improve the lives of more than one person. Let us unite in the shared commitment to make a difference- one drop at a time.

Additional Resources: [American Red Cross](#)

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