

Get your **health** **on**

GET OUTDOORS

Get active in June, otherwise known as the Great Outdoors month! Follow the tips below to participate.

- Explore the parks and trails in your community.
- Challenge your family to get outside and walk, hike, or jog for 60 minutes.
- Ride a bicycle to explore your surroundings in a whole new way!
- Try a new sport like paddling (canoe or kayak), surfing or swimming.

For additional support, ODS WorldDoc offers health trackers, calculators, the healthy living program and more to help you manage your health.

Log into your myODS account and check out ODS WorldDoc today!*

*ODS WorldDoc may not be included in all benefit plans.
Sources: www.getoutdoorsusa.org and www.letsmove.gov



FREE ONE-ON-ONE HEALTH COACHING FOR ODS MEDICAL MEMBERS
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