

June Wellness News

Great Outdoors Month®

June marks the official start of summer. That means more opportunities for exploration, fun, and recreation outdoors with loved ones. Outdoor spaces can play a powerful role in our physical and mental well-being — providing outlets for activity, solace, and connection. Along with getting more exercise, spending time in nature can improve our mood and lower stress.

How will you bask in the beauty of the outdoors this month? Try one of these ideas from the [Arbor Day Foundation](#). Or, [find one of the 400+ national parks](#) near you. Make a plan with your family to celebrate Great Outdoors Month® and enjoy the health benefits of getting outside.

- Take a hike
- Go camping
- Go tubing on the river
- Go fishing
- Zip line
- Relax in a hammock
- Climb a treehouse
- Kayak on a lake
- Have a bonfire

Resource #1: My Health Rewards by Medica®

Join the U.S. National Parks Destination Team Challenge (Employees/Contract holders)

Watch for more information in your email soon.



Calling all Wilderness Explorers!

This journey is one for the scrapbooks. You will be taking on some stunning U.S. National Parks — from desert canyons to seaside cliffs.

Registration Dates: June 3 – June 15, 2022

Challenge Dates: June 13 – June 27, 2022

Go to the mobile app or sign in to your My Health Rewards account at [Medica.com/MHC](#) to get started.

