Most people intuitively like contact with natural settings—a walk in a park, a view of the ocean, an afternoon working in the garden, a vacation in a verdant setting. But the human-nature link is not just a matter of intuition. A growing body of empirical evidence suggests that nature contact provides substantial health benefits. These benefits range widely, from stress reduction to pain control to better birth outcomes. This, in turn, raises a host of questions, from the mechanistic to the practical. How does nature contact confer these benefits? Who benefits most? Who currently most lacks nature contact? What forms of nature contact are most effective in promoting health? Should we be recommending a minimum daily dose, as we do for vitamins and physical activity? What are the implications for architecture and urban planning? This lecture will review current evidence for the health benefits of nature contact, identify outstanding scientific questions, and consider how to apply what we now know in our behavioral choices, professional practice, and public policy.