

# Healthy Lifestyle Solutions Incentive Program

## Flow Chart



### STEP 1

**Apply.** Sign-up and receive approval from MCSIG. The program is limited to the first 500 employees with MCSIG benefits. Applications are available at [www.mcsig.com](http://www.mcsig.com), or by calling MCSIG at 755-0161.

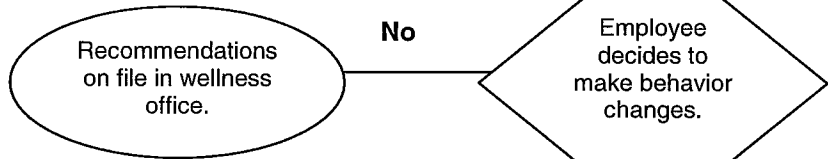
### STEP 2

**Assess your health.** Take the Your Wellness Assessment to determine your personal health needs and readiness to change certain health behaviors. Review your personal health report to help you focus on what changes you can make to improve your health and wellbeing.

1 point

### STEP 3

**Take action.** Your personal health report provides a guided step-by-step approach to making positive lifestyle changes. You will have many health improvement opportunities to consider, including increasing physical activity, eating more fruits and vegetables and managing stress.



### MCSIG Wellness Programs

**Routine Physical Exam:** Schedule an appointment with your doctor and share Your Wellness Assessment results. Work with your provider to improve your health and wellbeing. 1 Point

**Physical Activity:** Enroll in a local health club (see discounts on the MCSIG website). Take an activity class at a local hospital. Participate in the Exercise Challenge at work (1 point). 1 Point

**Healthy Weight:** Join Weight Watchers and receive a discount from MCSIG. Keep ½ of the weight off for one year and receive a bonus. Application forms are available at [www.mcsig.com](http://www.mcsig.com). 1 point

**Tobacco Free:** Smoking cessation class and nicotine patches and gum reimbursements are available. See [www.mcsig.com](http://www.mcsig.com). 1 point

**Self-Directed Learning:** A variety of community classes including Yoga, Tai Chi, Stress Management, Back to Health, Diabetes, Nutrition, and Meditation are reimbursed by MCSIG. 1 point

**Community Event:** Participate in any walk, run or triathlon and submit your registration or event bib #. 1 point

