



2016-17 Fitness Center Discounts

www.mcsig.com (831)755-0161




municipalities • colleges • schools
insurance group

| FACILITY | RATES | FEES | NOTES |
|--|--|---|--|
| Salinas Area | | | |
|  2 Steps Ahead 832 South Main Street, Salinas (831)757-5658 www.be2stepsahead.com | Single - \$75* Couple - \$130* | Enrollment - \$0 | Contact: Tiffany Ditullio *With electronic funds withdrawal |
|  Chamisal Tennis & Fitness Center 185 Robley Road, Salinas (831)484-1135 www.chamisal.com | Single - \$98/month* Family - \$150/month* | Initial - \$125 Initial - \$225 | Contact: Jane Doud-Combs *With a 1 year contract |
|  Snap Fitness 1128 South Main St., Salinas (831)783-0330 www.snapfitness.com | Single-5% off Monthly 15% off Auto-pay 25% off 14 months | Enrollment Fee-50% off | Contact: Rachel No contract for month to month |
|  Peninsula Wellness Center 1910 N. Davis Road, Salinas (831)238-7713 www.peninsula-wellness-center.com | Please call the Peninsula Wellness Center for special MCSIG discount rate. | Initiation Fee- \$50 for MCSIG members | Contact: Kristine Drinovsky |
|  Curves 17819 Countryside Ct., Prunedale 831-663-0107 www.curves.com | Single - \$44 | Enrollment - \$0 | Contact: Cathleen |
| Monterey Peninsula Area | | | |
|  Meadow Brook Tennis & Swim Club 1553 Kimball Avenue, Seaside (831)394-6629 www.meadowbrook.clubhosting.org | Single - \$80/month Family - \$97/month | Initial - \$0 Initial - \$0 | Contact: Jean Kracht |
|  Monterey Sports Center 301 E. Franklin Street, Monterey (831)646-3730 www.monterey.org/sportscenter | Single - \$51/month \$445/annual* Family - \$77/month \$765/annual* | Initial - \$50 if monthly \$0 if annual Initial- \$50 if monthly \$0 if annual | Contact: Jeff Vierra * pre-paid |

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|  <p>Peninsula Wellness Center 2920 2nd Avenue, Marina (831)883-5656 www.peninsula-wellness-center.com</p> | <p>Please call the Peninsula Wellness Center for special MCSIG discount rate.</p> | <p>Initiation Fee- \$50 for MCSIG members</p> | <p>Contact: Kristine Drinovsky</p> |
|  <p>Golds Gym 1510 Del Monte Center, Monterey (831)655-4653 www.goldsgym.com</p> | <p>Single - \$29.99/month 2 yr* \$34.99/month 1 yr* \$39.99/month no contract*</p> | <p>Enrollment Fee- \$0</p> | <p>Contact: Tony Macias *One time processing fee of \$49.00</p> |
|  <p>Fitness Evolution 2000 Garden Road, Monterey (831)646-0550 www.fitnessrevolution.com</p> | <p>Single - \$17.99/month* \$180 in full/Annual*</p> | <p>Enrollment Fee - \$0</p> | <p>Contact: Jesse Lopez *Rates also apply to immediate family 12-21yrs, living at same address via AUTO PAY CHECKING ACCOUNT</p> |
|  <p>CrossFit Monterey 220 Dela Vina Ave., Monterey (831)920-3522 www.crossfitmonterey.com</p> | <p>Single - \$100/month \$75/month* \$1000/entire year</p> | <p>Enrollment Fee- \$0 Initial Fee-\$150* One-time Fee</p> | <p>Contact: Cris Holler *\$150 for on ramp (6 one on one sessions) \$75 per month for remaining year. *\$100 unlimited monthly membership with auto-pay minimum 3 months</p> |
|  <p>First City CrossFit 2700 Garden Road #G, Monterey (831)920-1755 www.firstcitycrossfit.com</p> | <p>Single - \$150/month* Teacher-\$99/month*</p> | <p>Enrollment Fee- \$0</p> | <p>Contact: Frank Foehrenbach *Unlimited membership Free 5 day workout trial</p> |
|  <p>Greg Dow's Ultimate Fitness Center 1169 Forest Ave., Pacific Grove (831)372-3656 www.gregdowsdojo.com</p> | <p>Single - \$40/month 1x week \$60/month 2x week \$70/month 3x week \$85/month/unlimited</p> | <p>Enrollment Fee- \$0</p> | <p>Contact: Greg Dow MCSIG members \$50 off 1 year contract</p> |

Santa Cruz Area & Nationwide

| | | | |
|---|--|-----------------------------|--|
|  <p>24 Hour Fitness 1261 Soquel Ave., Santa Cruz (831)454-0333 www.24hourfitness.com</p> | <p>All Club Sport Single- \$29.99/month* All Club Super Sport Single- \$44.99/month* All Club Ultra Sport Single- \$74.99/month*</p> | <p>*Annual Fee- \$39.99</p> | <p>Contact: Danika Brown-Hunt dbrown@24hourfit.com Rates good at all 24 Hour Fitness locations. If these rates are better than your current rates, 24 Hour Fitness will rewrite your contract with the lower rates. Add-on's for family available</p> |
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South Monterey County



The Circuit Family Fitness
115 Alder Street, Soledad
(831)678-3990

www.circuitfamilyfitness.com

Single - \$39

Family - \$59

Start-up - \$10

Start-up - \$25

Contact: April Liedtke

Based upon a Platinum 1
year agreement. 24/7
access for an additional
\$10/month

nhertsch@mcsig.com

16.FitnessCenterDiscounts.List

2016-17 Health Education Class Discounts

| Salinas Valley Memorial Healthcare System (831) 759-1890 www.svmh.com | | | Community Hospital of Monterey Peninsula (888) 452-4667 www.chomp.org | | |
|--|---------|------------|--|--------------|------------|
| Class | You Pay | Class Cost | Class | You Pay | Class Cost |
| Breastfeeding Made Easy | \$7 | \$15 | Attention Deficit for Adults | \$50 | \$100 |
| Childbirth Preparation | \$25 | \$50 | Better Bones and Balance | \$37.50 | \$75 |
| Fresh Start – quit smoking | \$15 | \$30 | Breastfeeding: The Beginning | \$12.50 | \$25 |
| Meditation | \$7 | \$15 | Mindful Meditation | \$75 | \$175 |
| Stress Management | \$5 | \$10 | Mood Management | \$50 | \$150 |
| Tai Chi Chi | \$25 | \$50 | Pilates for Bone Building | \$43.75 | \$87.50 |
| Yoga Flow | \$22 | \$45 | Supermarket Tour (single/couple) | \$10/\$12.50 | \$20/\$25 |
| PiYo (pilates/yoga) | \$22 | \$45 | Tai Chi | \$30 | \$60 |
| Cize Classes (dance fitness) | \$22 | \$45 | Take Control of your Blood Pressure | \$175 | \$275 |
| Diabetes Education | \$17 | \$35 | Asthma Management | \$42 | \$142 |
| Diabetes Education & Support | | | Walk and Win | \$7.50 | \$15 |
| | | | Weigh of Life* | \$310 | \$410 |
| Salinas Valley Medical Clinic (831) 757-2058 236 San Jose St, Salinas <i>Diabetes: From Eyes to Exercise and Food to Foot Care</i> 4 classes @ \$50 per class \$200 total No Cost for MCSIG members | | | Diabetes Prevention Program** | \$696 | \$1,196 |
| | | | Kick-the-Nic (quit smoking) | \$150 | \$250 |
| | | | Be Happy | \$10 | \$20 |
| | | | Cooking for Life (single/couple) | \$10/\$30 | \$20/\$60 |
| | | | Are You an Emotional Eater? | \$40 | \$80 |
| | | | Can We Talk? | \$40 | \$80 |
| | | | *Eligible for reimbursement if lose 5 lbs. and attend 80% of classes. ** \$500 reimbursement available under Diabetes Education & Support MCSIG Wellness reimburses up to \$100 per class each year. | | |
| Community Hospital of Monterey Peninsula <i>Diabetes Prevention Program</i> 16 week class 5-6 p.m. Classroom 3 at CHOMP The program has shown remarkable success for those who make the behavior changes covered in the program. If you are interested in attending, register by calling 649-7220. Cost: \$1,196 MCSIG will reimburse up to \$500 annually. Additional free classes include: Exercise with Diabetes, Diabetes Support Group, Preventing Diabetes, Hidden Facts about Sugar and Topics in Diabetes Discussion | | | Anthem Blue Cross Condition Care (800) 621-2232 | | |
| Soledad Healthcare District (831) 678-2665 600 Main St., Soledad www.soledadmedicalclinic.com <i>Diabetic Cooking Class</i> Free | | | Weight Watchers www.weightwatchers.com Del Monte Center- (831) 373-1591 Harden Ranch Plaza-(800) 516-3535 | | |
| | | | | | |
| French Hospital Medical Center (805) 543-5353 1911 Johnson Ave. SLO Frenchmedicalcenter.org <i>Diabetes Support Group</i> Free | | | MCSIG reimburses 50% of Weight Watchers fees each year up to a maximum \$400*. Up to 100% of the fees are reimbursed if you meet criteria (lose five lbs. and maintain half the weight loss at one year). Please complete the application available at www.mcsig.com . *Member must agree to submit attendance and weight information. | | |

Feel your best

ConditionCare

Let our health professionals help you live your best life

Do you or a covered family member have a long-term (chronic) health problem? ConditionCare is a program for you and there's no extra cost for you to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse who'll answer your questions.
- A health assessment by phone.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about your condition.

ConditionCare nurse care managers work with members who have:

- Asthma (pediatric or adult).
- Chronic obstructive pulmonary disease (COPD).
- Coronary artery disease (CAD).
- Diabetes, types 1 and 2 (pediatric or adult).
- Heart failure (HF).

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll verify your address or date of birth before talking about your health. Rest assured, the information you share is always confidential and will only be used to help you with your health.



Get help taking care of your health

To learn more or to join ConditionCare, call us toll free at **800-621-2232**.



Live well – unconditionally

ConditionCare



Frequently asked questions

What is ConditionCare?

ConditionCare is a program that gives you resources and tools to help you take care of certain health conditions. When you enroll in ConditionCare, you get:

- 24/7 toll-free access to a nurse care manager who can answer questions about your condition.
- A health screening and follow-up calls to help you reach your personal health goals.
- Educational guides, newsletters, tips and tools on how to take care of your health.

Which health conditions does ConditionCare address?

The program aims to help members with:

- Asthma (pediatric or adult).
- Chronic obstructive pulmonary disease (COPD).
- Coronary artery disease (CAD).
- Diabetes, types 1 and 2 (pediatric or adult).
- Heart failure (HF).

How do I know if I can join the program?

Just call toll free at **800-621-2232**. We'll check if you can join the program.

Can my spouse and family members join?

If they're covered by your health plan and have any of the conditions above, they can join. Call us and we'll check if they can join.

How much does it cost to join ConditionCare?

ConditionCare is in addition to your health plan, so there's no extra cost.

Get help taking care of your health

To learn more or to join ConditionCare,
call us toll free at **800-621-2232**.

How do I sign up?

Call us toll free at **800-621-2232**. We'll verify your identity, talk about your condition and invite you to sign up for the program. We might also call you first to find out if you or your eligible family members want to join.

What happens once I sign up for ConditionCare?

Our ConditionCare staff will ask you some questions about your health. We'll use your answers to help you reach your health goals and follow your doctor's care plan for you. You can take this health assessment at a time that's best for you.

A ConditionCare nurse care manager might call you from time to time to find out if you have questions and to update your care plan.

What about protecting my privacy and health information?

To protect your privacy, we first verify your identity by asking you to tell us your date of birth or address before speaking with you about your health. ConditionCare also follows all state and federal laws protecting your privacy and health information. Your conversations with ConditionCare nurse care managers, your doctor and other health professionals are private. We'll only use the information you give us to help you follow your customized care plan.

How is my doctor involved in ConditionCare?

ConditionCare doesn't replace your doctor. Instead, our nurse care managers work with your doctor to help you follow your care plan. That's why we make sure your doctor knows if you participate in ConditionCare.

How long will I be in the program?

You may stay in ConditionCare as long as you keep your health plan and while the program is offered. We may call you to check in from time to time but you won't have to sign up each year to participate. And you may stop taking part in the program any time.



Breathe easy, relief is here

ConditionCare: Asthma

Our nurse care managers can help you control your asthma

If you have asthma, breathing is far from easy. You can't afford to take this simple action for granted. There's no cure for asthma, but our ConditionCare program can help you and your covered family members keep asthma under control.

Our ConditionCare nurse care managers are trained to work with kids and adults who have asthma. The nurses help you:

- Spot and avoid asthma triggers.
- Use inhalers and peak flow meters the right way.
- Stick to your medications to avoid asthma attacks and trips to the ER.

There's no added cost for you to join ConditionCare. You get:

- Educational guides, newsletters and tools to help you learn more about your condition.
- A health screening and follow-up calls. Our nurses can call a team of pharmacists, doctors and other health experts to get more information about asthma care and more.
- A toll-free number you can call 24/7 to speak with a nurse.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your asthma

To learn more or to join ConditionCare,
call us toll-free at **800-621-2232**.



Don't fight diabetes alone

ConditionCare: Diabetes



Let our nurse care managers help you control your diabetes and live your best life

If you (or a covered family member) get diagnosed with diabetes or already have it, don't worry, you're not alone. ConditionCare can help. There's no added cost to join, so sign up today.

Taking control of your blood sugar is key in avoiding major problems that can come when diabetes is not managed. You can work with our nurse care managers to try to keep your diabetes in check. Not only will you enjoy your best health, but you'll also keep your health costs down. You could pay four times as much each year for your medical care if your diabetes leads to other major health issues.¹

If you think you might have diabetes, see a doctor and start to treat it right away. Ask your doctor to test your blood sugar if you have symptoms like these:

- Urinate often
- Extreme hunger or thirst
- Abnormal weight loss or blurry vision

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care workers to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about diabetes and your health.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.

ConditionCare is for the whole family. If you have diabetic children, the program can help you manage their care.

Get help managing your diabetes

To learn more or to join ConditionCare, call us toll free at **800-621-2232**.



¹ Coffey JT, Brandie M, Zhou H, et al. *Valuing health-related quality of life in diabetes*. Diabetes Care (2002); care.diabetesjournals.org.

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Improve your heart health

ConditionCare: Coronary artery disease

Our nurse care managers can help you manage your CAD

Coronary artery disease (CAD) doesn't happen overnight. Years of high blood pressure, high cholesterol and other factors can damage your arteries and your heart. There's no cure for CAD. But there's treatment — and there's ConditionCare, too.

Our **ConditionCare** program can help you and your covered family members improve heart health.

Our ConditionCare nurse care managers work with you and provide support to help you:

- Stop smoking.
- Limit alcohol use.
- Eat healthier.
- Get more exercise.
- Manage your weight.
- Control your blood pressure.

There's no added cost for you to join ConditionCare. When you join, you'll get:

- Educational guides, newsletters and tools to help you learn more about heart health.
- A health screening and follow-up calls to help you stay on track, reach health goals and follow your doctor's advice.
- A toll-free number you can call 24/7 to speak with a nurse.

We may call to find out if ConditionCare can help you and sign you up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your CAD

To learn more or to join ConditionCare, call us toll free at 800-621-2232.



Source: American Heart Association, americanheart.org, June 2011

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Breathe easier, live better

ConditionCare: COPD

Our nurse coaches can help you control your COPD

A cough that won't go away, shortness of breath, wheezing or tightness in your chest could be symptoms of chronic obstructive pulmonary disease, or COPD. If you find it hard to breathe (especially if you've spent much time around smoke, fumes, dust or chemical vapors), ask your doctor if you could be one of the 12 million people who have COPD and don't know it.*

COPD is sometimes called emphysema or chronic bronchitis. If you or a covered family member gets diagnosed with COPD or already has it, there are things you can do to breathe easier. One step you can take is to sign up for our ConditionCare program. There's no added cost for you to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- An initial health screening by phone.
- Support from nurse coaches, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Educational guides, newsletters and tools to help you learn more about COPD and to help you stay active and quit smoking.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll verify your address or date of birth before talking about your health.



Get help managing your COPD

To learn more or to join ConditionCare,
call us toll free at 800-621-2232.

* National Heart, Lung and Blood Institute website: *Take the First Step to Breathing Better. Learn More About COPD.* (October 2011): nhlbi.nih.gov

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Get heart support when you need it

ConditionCare: heart failure

Help is just a phone call away

Heart failure - those are scary words. But they don't mean there's nothing you can do to feel better.

Heart failure simply means your heart isn't doing its job as well as it should. It has trouble pumping the blood that brings oxygen and nutrients to your body.

Millions of people in America have heart failure. And many of them lead full and comfortable lives. If you or a covered family member has heart failure, our ConditionCare nurse care managers want to help you live well, too. The ConditionCare program is in addition to your benefits.

When you join ConditionCare, you'll get:

- 24-hour, toll free access to a nurse who'll answer any questions or talk about your concerns.
- A health screening by phone the first time you talk with one of our nurses.
- A welcome packet with tools and information, such as how to keep track of your symptoms, eat foods low in salt and fat, understand the medicines you take and more.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about your health problem.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.



Get help managing your condition

To learn more or to join ConditionCare,
call us toll free at 800-621-2232.

Manage bone, joint and muscle pain

ConditionCare: musculoskeletal

Our nurse care managers are here to help you

Did you know that almost one in two people in the U.S. has trouble moving due to body aches, pains and injuries?¹ For many people, joints and the tissues that connect them (musculoskeletal system) have grown stressed. That can happen in many ways – playing sports, exercise, car accidents, illness, even an unhealthy diet.

Healthy bones and joints are important for everyone. But most people don't think about them until something goes wrong.²

But there's good news. If you or a covered family member has this kind of pain, you can join the **ConditionCare** program. Just call us toll free at 800-621-2232. When you join, you'll get:

- Counseling and coaching on eating well.
- An exercise plan for your exact goals.
- Round-the-clock phone access to a nurse care manager for support and information.

ConditionCare is in addition to your health plan. It doesn't cost you or your covered family members anything extra to use.

We may call to find out if **ConditionCare** can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your condition

To learn more or to join ConditionCare, call us toll free at 800-621-2232.

Sources:

¹ Bone and Joint Initiative U.S.A. website: *Facts & Figures* (accessed March 2014); usbjid.org.
² U.S. National Library of Medicine website: *Bone Health Basics* (accessed March 2014); nlm.nih.gov.

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