

MCSIG Livin' Well Newsletter



WELLNESS REIMAGINED

At MCSIG we believe in offering evidence based wellness tools and information that will help impact individuals and their unique lifestyles to collectively create a culture of well-being at the workplace too.

Wellness apps and tools to help you refocus on wellness this month:

- **Wellvolution:** find an app to help with disease prevention, weight loss, stress, sleep, condition-specific care, or tobacco cessation.
- **Gym discounts:** see the fitness center discounts list at the MCSIG website.
- **Transcarent:** Chat, talk, or video with a doctor 24/7, plan surgeries, get expert medical and surgical opinions, or start virtual physical therapy!



WELLNESS CONNECTION:

August is National Wellness Month and MCSIG is here to help you take care of you first and get connected to the tools and resources you need to focus on your health and wellness goals.

Wellness is at your fingertips! Contact [Jessica Amezcua](#) for information on the newest wellness apps and programs MCSIG offers.

Good News Zone

DID SOMEONE SAY VIRTUAL PHYSICAL THERAPY?!

We are excited to announce your Transcarent benefits through your MCSIG Health Plan include a Virtual Physical Therapy program for back, joint and muscle pain. Virtual physical therapy is a convenient and effective way to increase mobility and reduce chronic pain – all from the comfort of your home.

If you are suffering from chronic pain or loss of mobility, we encourage you to explore virtual physical care. There is no cost to you for the program – it's already included in your MCSIG medical benefits. All you need to do is sign up to get started!



FUN FACT!

You can now receive physical therapy in the comfort of your home, or anywhere you feel comfortable really.



SCAN THE CODE BELOW TO
DOWNLOAD THE TRANSCARENT APP:



Monthly Wellness Focus



VACCINATIONS

National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Visit the [CDC website](#) for the recommended immunization schedule and resources to see if you are up-to-date.

MONTHLY MINI-CHALLENGE:

Get out while it is still sunny, but don't forget your sunscreen!

Visit a local farmer's market this month to find fresh produce and other healthy goods that you can enjoy by yourself or with family and friends. Get your vitamin D while you are there and get moving as you walk and shop!

See our [list](#) of farmers markets to find one near you.



FOR MORE VISIT: WWW.MCSIG.COM