

MCSIG Livin' Well Newsletter



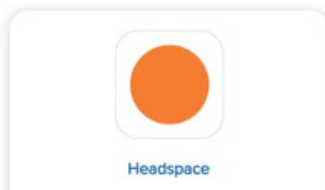
Monthly Wellness Focus

September is self improvement month and as we shift from summer to fall, it is the perfect time to reflect and focus on our self care goals we want to pursue by the end of 2022.

Acknowledge yourself for all the great things you have already accomplished this year and identify the wellness and self care goals that are currently most important for your well-being.

Wellvolution provides programs to help you take care of your mind and keep stress levels low as part of working towards the best version of YOU!

Sign up today and get access to the personalized programs available such as Ginger Mental Health and Headspace.



WELLNESS CONNECTION:



As a MCSIG member, you can receive your flu shot at your doctor's office covered 100%. Flu shots are also covered at any pharmacy (with the exception of Walgreens) by showing your Express Scripts ID card.

Contact [Jessica Amezcua](#) for information on the newest wellness apps and programs [MCSIG](#) offers.

Good News Zone



YOU ARE INVITED!

Monterey County Office of Education is hosting their annual health fair on September 29, 2022 from 3pm to 6pm.

Health fairs are a great opportunity to socialize and have fun while you learn about benefits, health topics, wellness resources, and receive health screenings to know your numbers.

Bring your family and enjoy healthy snacks, raffles prizes, biometric health screenings, massage chairs, and more!

Register for a [health screening appointment](#) to reserve your spot!



MENTAL HEALTH MATTERS & YOU HAVE ACCESS

Altas | Everside Health offers mental health screenings, therapy, and other behavioral health services that are available in-person and virtually (via phone or video). To make an appointment, call 866-808-6005 or visit members.eversidehealth.com.



OFFERED SERVICES:

- ADDICTION ASSESSMENT & TREATMENT
- ANGER MANAGEMENT
- ANXIETY ASSESSMENT & TREATMENT
- COGNITIVE BEHAVIORAL THERAPY
- DEPRESSION ASSESSMENT & TREATMENT
- HEALTH PSYCHOLOGY SERVICES
- OCD ASSESSMENT & TREATMENT
- TRAUMA TREATMENTS (PTSD, DOMESTIC VIOLENCE, ETC.)

MONTHLY MINI- CHALLENGE



IN SEASON

Check off as many fruits and veggies that are in season in September as you eat them!

- Grapes
- Apples
- Pears
- Cherries
- Raspberries
- Kiwi
- Plums
- Sweet potatoes
- Sweet corn
- Eggplant
- Zucchini
- Summer squash
- Green beans
- Curly Kale
- Leeks
- Pumpkins
- Tomatoes
- Red Onions

EAT MORE FRUITS & VEGETABLES



The food you eat every day can determine your future health.

Eating more fruits and vegetables regularly can help lower the risk of various diseases. Fruits and vegetables are high in fiber, vitamins, and minerals. These foods are not only nourishing to your body, but they are also low in fat and calories. Think about it as getting more bang for your buck!