

MCSIG Livin' Well Newsletter



Monthly Wellness Focus

October is *Breast Cancer Awareness* month. Detecting breast cancer in its early stages can make a difference in treatment outcomes. If you are a woman with average risk for breast cancer, the following screening guidelines are for you:

Age	Recommendation
40-44	Option to start screening every year
45-54	Should get mammograms every year
55 and older	Can get a mammogram every other year or continue yearly mammograms

source: www.cancer.org

If you are high risk for breast cancer your doctor may recommend to start screening earlier than age 40.

WELLNESS CONNECTION:



Search for a provider via [Transarent](#)

OR

call MCSIG Customer Service at 831-755-8055 for questions about preventative screenings benefits.

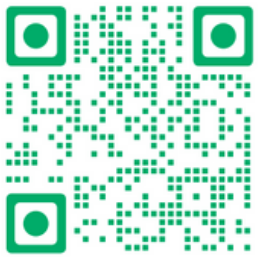
Contact [Jessica Amezcua](#) for information on the newest wellness apps and programs [MCSIG](#) offers.

Good News Zone

Well-being webinar

Human connection is good medicine

As human beings, we are wired to connect. The social support we get from family, friends and community has a positive influence on weight, blood sugar, heart health and even migraines. It can help to alleviate symptoms of depression and posttraumatic stress. Join us to discover essential ways you can create balanced, healthy relationships in your life.



Thursday, October 13
1 p.m. ET

Scan the QR code and register for the webinar today!



Spotlight On **Colleen Stanley, Ed.D.**

Chief Business Official, MCOE

Wellness Employee of the 3rd Quarter

Colleen has been an inspiration to her colleagues at MCOE, making an impact in the wellness culture at her workplace. She walks daily on the walking path at work and also walks 5 miles on the weekends. You can see her pictured on the right during a 5 mile walk at Fort Ord. Thanks to her healthier eating habits and exercise she has also accomplished a weight loss of 40 pounds! Congratulations Colleen; keep up the healthy lifestyle!





MONTHLY MINI- CHALLENGE



FLOSS LIKE A BOSS!

Flossing daily can be a habit difficult to maintain but it is an important one that benefits us mostly on the long run! Flossing is an essential part of dental hygiene and prevents tooth decay and gum disease. Challenge yourself to floss daily for two weeks and use the chart below to track:

Flossing Tips

- *Floss before you brush.* You will be able to brush off all the dislodged debris if you floss first.
- *Set a reminder* on your phone or place a post-it on your bathroom mirror.
- *Place your floss in a readily accessible place,* such as next to your toothbrush, in your shower, or out on the counter.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14