

MCSIG Livin' Well Newsletter



Monthly Wellness Focus

November is *Diabetes Awareness Month* and MCSIG wants members to know about our **FREE** support, app-based programs for diabetes.

At no cost to MCSIG members 18+, access to health programs are available in your **Wellvolution** app to help you **prevent or treat diabetes**. Lose weight and lower your risk of Type 2 diabetes with customized tools and health coaching. If you have an existing Type 2 diabetes diagnosis, **Wellvolution** offers programs that include vetted methods to help control Type 2 diabetes and limit your risk of chronic disease.

Sign up today and pick your program!



WELLNESS CONNECTION:



See Diabetes education classes available at www.mcsig.com. \$500 reimbursement available for MCSIG members annually for diabetes prevention programs on the list posted.

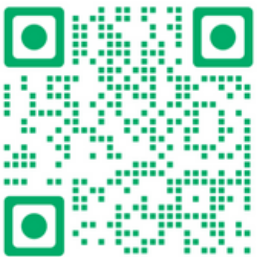
Contact [Jessica Amezcua](#) for information about wellness benefits MCSIG offers.

Good News Zone

Well-being webinar

Men's Health Matters

Did you know men are more likely to put off routine checkups and delay seeing a healthcare provider for symptoms of a health problem? Health suffers when prevention and early treatment take a back seat to other priorities. Join us to learn how men can live longer and stronger – and stay in control of common health problems.



**Thursday, November 10
1 p.m. ET**

Scan the QR code and register
for the webinar today!



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HEALTH.

Open Enrollment Month

During November's Open Enrollment you can make changes to your MCSIG medical, dental & vision plans with an effective date of January 1, 2023

Contact your employer for your specific open enrollment dates

MCSIG Change Forms are available at www.mcsig.com
Turn them in to your employer benefit representative

call MCSIG customer service at 831-755-8055
if you need help selecting a plan

HEALTHY FALL RECIPE



Ingredients

nonstick cooking spray	1
lean ground turkey	1 lbs
bell pepper, any color (diced)	1
no-salt-added diced tomatoes	1 14.5-ounce can
yellow onion (peeled and diced)	1 small
chili powder	1 tbsp
cumin	1 tsp
salt	1/2 tsp
ground black pepper	1/2 tsp

Directions

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

EASY TURKEY CHILLI



Source: Diabetic Cooking Made Simple. Recipe Credit: Jennifer Lamplough. Photo Credit: Shutterstock.

Find more diabetic friendly recipes that everyone can enjoy at [Diabetes Food Hub](https://www.diabetesfoodhub.com) website.