

MCSIG Livin' Well Newsletter



Monthly Wellness Focus

January is Cervical Cancer Awareness Month. The American Cancer Society estimates about 14,000 new cases of invasive cervical cancer will be diagnosed this year and about 4,200 women will die from it.¹ Cervical cancer is a preventable disease if women have routine screenings and receive the human papillomavirus (HPV) vaccine. It is recommended that women get screened every 3 years with cervical cytology by Pap tests for individuals 21 to 65 years of age. Schedule your screening with your provider or get scheduled with Everside Health. A reminder that Everside Health has two health centers in Monterey County. They can be reached at (831) 269-3346 for the Salinas office or (831) 920-3920 for the Monterey office.

¹American Cancer Society, Key Statistics for Cervical Cancer, January 2022. <https://www.cancer.org/cancer/cervical-cancer/about/key-statistics.html>

Did You Know

Every January, your Acupuncture benefit resets! Your acupuncture benefits include \$2,000 per person, per year coverage for each member enrolled in your medical plan.

Find a participating Acupuncturist through your MCSIG / Transcarent app:

SCAN THE CODE BELOW TO DOWNLOAD THE TRANSCARENT APP



Good News Zone

Starting January 2023, Everside Health will be hosting a Well-being Webinar series each quarter which are designed to support you in making healthy lifestyle changes and learning about new health and well-being topics.



Set yourself up for success through healthy lifestyle

A quick search on the internet will pull up plenty of tips for shedding a few extra pounds, but what are the best strategies for losing weight and keeping it off? Everside Health will be hosting a virtual weight management series, where we will explore the leading techniques that can help you manage your weight.

What will be reviewed during the four week *Balancing the Weight* series?

- Skills for success
- Setting SMART goals
- Planning your plate
- Reading food labels
- Prioritizing movement
- Types of exercise
- Preventing weight regain
- Ways to stay motivated

Mark your calendars!

Jan 30 | Feb 6 | Feb 13 | Feb 20

Each session will be held at 10:00 AM Pacific and will be recorded. Sessions will be 45 minutes in length. Unable to attend but still interested in learning ways to manage stress? Register anyway! All who register will receive a copy of the recording and educational information.

[Register Now!](#)

MONTHLY MINI CHALLENGE



For better slumber... sleep with no phone in the room and avoid any screen time 1 hour before bed.

Winter Vegetable & Lentil Soup



Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

Method

STEP 1

Tip all the ingredients into a large pan. Pour over 1½ liters boiling water, then stir well.

STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.