

MCSIG Livin' Well Newsletter

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

Healthy kids, healthy teeth!
This February, brush up on your dental know-how in time for Children's Dental Health Month.



4 STAGES OF CHILDHOOD SMILES

1. Prenatal care

- Eat a balanced diet
- Get enough calcium, phosphorous, and vitamins A and D

2. Infant oral care

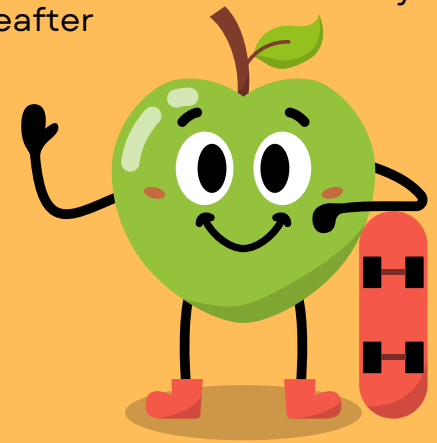
- Wipe your baby's gums, using a soft, damp washcloth or gauze pad
- Use only water in bedtime bottles. Added & natural sugars in juices & milk can cause decay
- Visit the dentist by baby's first birthday, and every 6 months thereafter

3. Little teeth

- Brush together
- Start flossing your child's teeth
- Add toothpaste
- Visit the dentist

4. Big chompers

- Children should be able to brush and floss alone
- Adults should occasionally check for a job well done
- Continue to visit the dentist regularly



[LEARN MORE ABOUT CARING FOR CHILDREN'S DENTAL HEALTH](#)

BP vs. heart rate – what's the difference?

Blood pressure and heart rate are two different measurements of cardiovascular health. Vital signs taken by health care providers commonly include both.



Blood pressure is the force your blood exerts as it moves through your blood vessels. It's usually measured with a blood pressure cuff around the arm. A normal blood pressure is less than 120/80. A blood pressure between 130 and 139 (systolic) or between 80 and 89 (diastolic) is diagnosed as hypertension stage 1. Note: Because of the risk for blood pressure-related illnesses, especially diabetes, blood pressure between 120 and 129 systolic and less than 80 diastolic is considered elevated.

Heart rate is equivalent to the heartbeat or pulse. It's measured by feeling the pulse of an artery just under the skin. The heart rate is the number of beats felt in a minute – normally between 60 and 100. A very rapid or irregular resting pulse may signal cardiovascular disease, especially if you also have difficulty breathing, dizziness, chest pain, nausea or other symptoms. Call 911 immediately if you think you may be having a heart attack or an acute cardiac event.

– Elizabeth Smoots, MD

Celebrate the power of compassion: February 17 is Random Acts of Kindness Day

Idea: Let a senior go ahead of you in line.

[Randomactsofkindness.org](https://www.randomactsofkindness.org)

Sweets for the sweet: Sautéed Apples à la mode



vegan - vegetarian - gluten free

Prep Time: 5 minutes
Cook Time: 5 minutes Serves 4

- 3 firm large tart-sweet apples (like Honey Crisp, Jonathon, Granny Smith, Gala, Fuji, etc) – enough for 5 to 6 cups sliced
- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons granulated sugar
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 3 tablespoons butter (or coconut oil for vegan)
- 1/2 tablespoon Cointreau, optional
- Vanilla ice cream or vegan cinnamon ice cream, for serving

1. Cut the apples into 1/4" slices (no need to peel unless you want to). In a medium bowl, stir together the apples with the brown sugar, granulated sugar, cinnamon, ginger and nutmeg.
2. In a large skillet heat the butter over medium heat until the butter is just starting to brown, about 2 minutes. Add the apples and sauté 4 to 5 minutes until crisp tender. Add Cointreau if using and cook for additional 20 seconds. Serve warm with ice cream.

Calories per serving: 188. Total Fat 9g. Saturated Fat 5g. Total Carbohydrate 30g. Dietary Fiber 4g. Sugars 24g. Protein 0.5g.
<https://www.acouplecooks.com/sauteed-apples-a-la-mode/>

TRANSPARENT BENEFITS FOR MEMBERS 2023

WHAT IS TRANSPARENT? Transparent is a benefit for members as well as covered spouses and dependents enrolled in a MCSIG health plan. It's 24/7 curated care that covers everything from a cold to a surgery and more. Members can access care the same way they would text a friend, book a ride, or stream a movie—with Transparent's powerful and intuitive mobile platform backed by personal Health Guidance.

WHAT IS EVERYDAY CARE? It's trusted guidance and easy access to on-the-go care, whenever and wherever members need it.

Services are available 24/7 on the Transparent app or by phone:

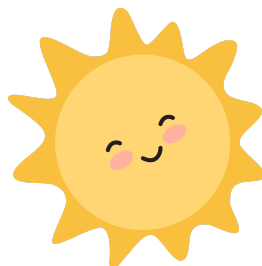
- Chat with a doctor day or night in about 60 seconds
- Access to your own personal Health Guide
- AI-powered symptom checker to determine most appropriate care
- Locate in-network, quality providers
- Get an expert second opinion after a new diagnosis
- Access all your member benefits in one spot on the Transparent app

WHEN ARE HEALTH GUIDES AVAILABLE AND HOW CAN THEY ASSIST MEMBERS? Health Guides are a central point of contact at the heart of Transparent services, ready and always willing to help MCSIG members prioritize themselves and their families to better health and care.

They are real people who carefully listen to your health and care needs and who guide you to the right resources, whenever you need it. Our Health Guides are certified coaches, wellness educators, and advocates for transparency in the member's health journey. They also follow up and check in to make sure you are receiving the care you deserve. Reach out to them for benefit guidance, personalized coaching, stress management, or to book appointments with in-network doctors.

HOW DOES EXPERT MEDICAL OPINION WORK? Transparent's Expert Medical Opinion, powered by The Clinic by Cleveland Clinic, gives you easy and secure access to high-quality second opinions from the comfort of your home. Arranging an in-person visit to a specialist can take months. With Transparent, you can receive an expert medical opinion virtually from world-renowned specialists. This includes access to 3,500 expert doctors in 550+ subspecialties.

WHAT CAN I DO WITH THE TRANSPARENT APP? With the Transparent app, members have complete access to their full range of Transparent benefits, including Chat with a Doctor in about 60 seconds, Symptom Checker to help guide next steps for care, Provider Finder to find in-network quality care doctors and providers, access to your personal Health Guide at any time at the tap of a button, and so much more.



SCAN THE
QR CODE TO
DOWNLOAD THE
TRANSPARENT APP



COVID-19 Vaccination Clinics FREE - Walk-In

All persons 2+ years of age:
Pfizer and Moderna
Please bring proof of vaccination and ID, if applicable

BROUGHT TO YOU IN PARTNERSHIP BY: MONTEREY COUNTY HEALTH DEPT., VNA AND VIDA

DATE	LOCATION	ADDRESS	TIME
Friday 2/17	King City Recreation Center	401 Division St. King City	3:30PM - 6:30PM
Saturday 2/18	Soledad McDonald's	1215 Front St. Soledad	11:00AM - 2:00PM
Tuesday 2/21	Monterey County Office of Education (MCOE)*	901 Blanco Circle Salinas	3:30PM - 6:30PM
Friday 2/24	Oldemeyer Center	986 Hilby Ave. Seaside	3:30PM - 6:30PM
Saturday 2/25	CHISPA Sea Garden Townhomes	10603 Axtell St. Castroville	11:00AM - 2:00PM

*In addition to COVID vaccines, **the MCOE clinic** will have flu shots. All community members who receive a COVID vaccine **at the MCOE clinic** are eligible to receive a \$25 gift card.



Make lasting lifestyle improvements without medication and at no additional cost.

- Wellvolution analyzes your health goals to create a plan just for you, with digital tools and weekly action plans.
- Track and monitor progress toward your health goal - with one-on-one support from experts when you need it.
- Feel better and start living your healthiest life!

Wellvolution from Blue Shield of CA

Visit wellvolution.com to get started

PROGRAMS INCLUDE:



PLATEJOY



TIP OF THE MONTH

Eat for Your Heart!

Give your heart a Valentine this month by examining your eating habits. Heart-healthy eating is not focused on one food; it's about your long-term, daily eating. A heart-smart eating plan contains lots of vegetables, fruit, nuts, fish and beans and replaces refined white flour with whole-grain options. It's also lower in salt, meat and sweets.