

MCSIG Livin' Well Newsletter

March 28 is American Diabetes Alert Day



Are you at risk for diabetes?

More than 86 million Americans have prediabetes – and most don't even know it. Prediabetes means that blood sugar levels are higher than normal but not high enough yet to be classified as type 2 diabetes. Certain factors can increase one's risk of developing diabetes or prediabetes such as:

- Weight: Having a body mass index (BMI) over 25
- Age: Being age 40 or older
- Activity level: Having a more sedentary lifestyle

Make healthy living your reality with the Diabetes Prevention Program – in-person, digital, and on-the-go support to help you lose weight and reduce your risk of developing type 2 diabetes.



The Wellvolution Diabetes Prevention program offers:

- In-person support: Connect with a personal health coach.
- Digital access: Get peer support and real-time guidance.
- Tools and resources: You may be eligible to receive a wireless scale, activity tracker, and easy-to-understand tips.

Most participants lose 5% to 7% of their total body weight, which, according to the Centers for Disease Control and Prevention, results in a 58% risk reduction in developing type 2 diabetes.

The Diabetes Prevention Program is brought to you in partnership with Solera Health. It is available as a covered benefit to eligible Blue Shield members at no additional cost.

Find out if you're eligible for the program by taking the following steps:

1. Visit <https://wellvolution.com/dpp>.
2. Answer a few questions.
3. Get your results.
4. Select the program of your choice.

Blue Shield of California is an independent member of the Blue Shield Association A49987.0722. The Diabetes Prevention Program is provided by Solera Health, an independent company. Wellvolution is a registered trademark of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

Good News Zone

Good news! SVMH Healthcare System and MCSIG have once again extended their agreement to provide **mammograms and calcium score screenings for PPO Select (formerly known as EPO) members***. Under the PPO Select plan design, SVMH and its owned facilities are considered out-of-network, but this agreement allows the use of MCSIG members coupons for:

- A free Mammography Screening at Nancy Ausonio Mammography Center and any further tests needed.



- A free Calcium Score Screening at SVMH Cardiovascular Advanced Diagnostic Imaging. *Note: the Calcium coupons may also be used by all other PPO Plans to take advantage of the free screening.



To obtain the coupons, please call MCSIG Customer Service at (831) 755-8055. Members need to call the designated facility to make an appointment and present the designated coupon at the time of their visit. If additional studies are needed, PPO Select members must go to an in-network facility in order for those additional services to be covered. You may search for in-network providers at <https://www.blueshieldca.com/mcsig>.

What is Calcium Score Screening? A calcium-score screening heart test (coronary calcium scan) uses computerized tomography (CT) to detect calcium deposits in the coronary arteries of your heart. This calcium is different from the calcium in bones and isn't related to too much calcium in a diet. A higher coronary calcium score suggests you have a higher chance of significant narrowing in the coronary arteries and a higher risk of future heart attack. CT scanners use x-rays. The radiation exposure is low and no contrast dye is used. However, this procedure is not recommended if you are pregnant. The CT scan itself takes only a few minutes, but including the set-up, the entire procedure may take about 15 minutes. A physician reviews the results of the CT scan and shares them with your healthcare provider. Please ask your healthcare provider if you have any questions about the calcium-score screening heart scan.

Adapted from the American Heart Association and Cleveland Clinic websites

Monthly Wellness Focus



March is National Nutrition Month



March 14 Cook Along

Traveling Taste Buds:
Ireland Cottage/Shepherd's Pie
Tuesday March 14 @ 5pm PT

[Register Now](#)



Join us at MonjWell and learn some healthy and delicious recipes with Culinary Director and Chopped Champion Chef Eliza Martin! Register to attend their **March Cook Along** (hosted on Zoom). These events are open to all members, just sign up and MonjWell will send an e-mail with everything you need to whip up their tasty creations.

For more information, click here: <https://live.monj.com>

MonjWell is one of Wellvolution's clinical programs to help members manage and reverse diabetes and obesity through food plans and coaching. Wellvolution is available to Blue Shield members 18 years old and older. Wellvolution is a value-added benefit when enrolled in one of MCSIG's PPO plans, including the PPO Select. For more information about all Wellvolution resources, visit www.wellvolution.com.

Ideas for eating smart:

- As a family, commit to trying a new fruit or vegetable each week in March.
- Try more meatless meals – choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
- Buy foods in season and shop locally when possible.
- Let everyone help with food preparation – a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
- Start a container or backyard garden to grow food at home.

Adapted from Eatright.org



Savory Yogurt Dip

Makes 4 Servings

Serve with fresh veggies, or try it added to your favorite salad. Easy to make in about 5 minutes.

Ingredients:

- 1 cup plain Greek yogurt
- Juice of 1/2 lemon, or to taste
- kosher or sea salt to taste
- fresh ground black pepper to taste
- your choice of fresh herbs and spices (to taste, such as mint, dill, garlic, onion powder, cumin, smoked paprika, or coriander)
- If desired, add in one small or Persian cucumber, minced

Directions:

Add all ingredients to a medium bowl and mix thoroughly with a spoon, adjusting the seasonings to your liking as you go. Enjoy!

Leftovers: Keeps for a week or so in the fridge.

Swaps: Try other citrus, or vinegar in place of the lemon.

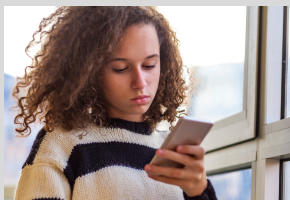
Adapted from Monj.com



Did You Know?

March 2 is Teen Mental Wellness Day

Tips for communicating with your kid about social media and their mental health



- Talk about it
- Keep an eye out for good content
- Help them explore their interests
- Encourage them to create community
- Urge them to stay grounded
- Get more support

March 12-18 is Sleep Awareness Week

If your kid is struggling to sleep at night, help them cut back on their screen time



- Explain why
- Limit screens in the bedroom
- Model good behavior
- Take screens off the table
- Set a screen-free bedtime
- Get extra help

MCSIG members have access to extraordinary behavioral health support for families with Brightline. With personalized support for kids and teens aged 18 months to 18 years old, virtual visits with expert therapists and coaches, and on-demand resources for parents and care-givers. Explore resources or book an appointment today. Please note that Brightline's services are covered benefits through your health plan and employer, for children covered as dependents on your benefits. We'll check your eligibility when you sign up. Deductibles and copays apply. Learn more about connecting with an expert Brightline therapist or coach at hellobrightline.com/blueshieldca



On demand mental health support day or night



On **Thursday, March 16**, join Ginger coaches for a discussion on the benefits of sleep and how a better night's rest can boost your health and your mood. There will also be a live Q&A where you'll have the opportunity to ask our presenters all your sleep-related questions. On March 16, join either:

[Session 1 at 9AM PT](#)

OR

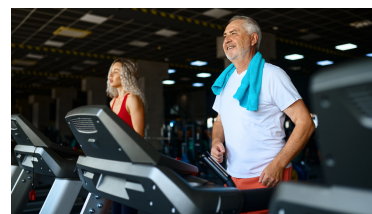
[Session 2 at 5PM PT](#)

March Special

Fitness Your Way enrollment fee waived in March¹



Fitness Your Way is a gym membership program, available through Tivity Health. To help save you money while you're working on meeting your health and fitness goals, MCSIG members can take advantage of four gym packages available starting at \$19 a month, with no enrollment fee.¹ This is available to members enrolled in a Blue Shield of California medical plan and your dependents who are age 18 and older.



- Join as many gyms as you want
- Digital-only package also available for just \$10 a month (all digital content included with gym packages)
- Access digital content for even more flexibility
- On-demand videos available 24/7 and live virtual classes like cardio, boot camps, barre and yoga

To get started, visit fitnessyourway.tivityhealth.com/bsc and use code **MARCHWAIVED** when you sign up.

For more information, call (833) 283-8387.

Always talk with your doctor before starting an exercise program.

1. Offer valid until March 31, 2023. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the MARCHWAIVED promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital-only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details.

In addition to this program, MCSIG offers Fitness Program Discounts on our website [here](#), and Health, Wellness and Movement Classes [here](#).