

MCSIG Livin' Well Newsletter



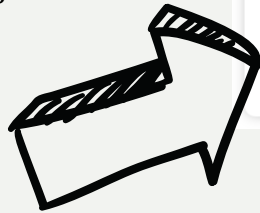
Have you started your FREE Wellvolution program?

Live your healthiest lifestyle. Access FREE wellness tools and programs to help manage stress, lose weight, prevent disease, or treat existing conditions.

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

Wondering what Wellvolution is all about or need help starting your personalized wellness program? Call or email Jessica at MCSIG Wellness today.

☎ 831-755-0161
✉ jamezcua@mcsig.com



Choose your goal

<p>Lose weight</p> <p>Get personalized plans, clinically proven to help you create better eating and fitness habits.</p> <p>Select</p>	<p>Prevent diabetes</p> <p>Lose weight and lower your risk of Type 2 diabetes with customized tools and health coaching.</p> <p>Select</p>
<p>Treat diabetes</p> <p>Use vetted methods to help control Type 2 diabetes and limit your risk of chronic disease.</p> <p>Select</p>	<p>Quit smoking</p> <p>Break the habit with tested strategies that help you beat nicotine cravings and addiction.</p> <p>Select</p>
<p>Lower stress</p> <p>Learn meditation and other techniques to lower stress, improve sleep, and boost resilience.</p> <p>Select</p>	<p>Manage anxiety or depression</p> <p>Get expert online mental health care the way you need it, when you need it, where you need it.</p> <p>Select</p>

Do you know your numbers?

Receive a comprehensive physical exam and biometric screening.

Call 1-866-808-6005 to schedule an appointment.

Know your numbers and your care team will work with you to develop a health plan tailored to your healthcare needs and goals.



Scan the QR code to schedule your preventive health screening today!

Good News!

Altas/Everside Health welcomes two new providers!

Dr. Mary Scott,
supporting the Salinas health center

Dr. Jayshree Chander,
supporting the Monterey health center

Self Care Summer

TIPS FOR OVERALL
WELL-BEING

HOW MANY OF THESE ARE YOU ALREADY DOING?

1. Get regular exercise. Some activity is better than none so move for 30 min. a day in a way you enjoy. Check out the gym membership discounts list on the [MCSIG website](#).
2. Eat a balanced diet at regular meals.
3. Drink at least 8 cups of water daily.
4. Prioritize your sleep. Adopt a bed-time routine and turn off all electronic devices 1 hour before you sleep.
5. Make time for yourself. Set "me time" aside for doing things you enjoy.
6. Include relaxation and mindfulness activities as part of your day. Learn meditation and other techniques to lower stress, improve sleep, and boost resilience in your [Wellvolution App](#).
7. Make a priority to-do list. This can make you feel more on top of your responsibilities and reduce feeling overwhelmed.
8. Practice positive mindfulness and gratitude: Mentally note your successes and accomplishments each day. Challenge negative thoughts which are not constructive. Take the time to be grateful for the good things in your life.
9. Maintain a healthy social support system by prioritizing the important relationships. Call a friend today.
10. Consider managing any anxiety or depression symptoms by connecting with an expert [online mental health program](#) the way you need it, when you need it, where you need it.



831-755-0161



76 Stephanie Dr., Salinas, CA



www.mcsig.com

WELLNESS FOCUS

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Protect the skin you're in

About skin cancer

Skin cancer is the most common type of cancer in the United States. There are three types of skin cancer: basal cell, squamous cell and melanoma.

In most cases, skin cancer is caused by over exposure to ultraviolet (UV) light, which comes from the sun, tanning beds and sun lamps. The good news is that skin cancer is highly preventable.

Signs of skin cancer

A visible change in your skin is the most common sign of skin cancer. It could be a new growth, a change in an existing mole or a sore that does not heal.

For melanoma specifically, an easy way to remember the warning signs is the ABCDE's of melanoma rule:

Protecting yourself from harmful UV rays is one of the best ways to prevent skin cancer. It's important to use sun protection all year round, not just during the summer.

- Stay in the shade
- Wear protective clothing
- Wear a hat
- Use sunscreen (SPF 30 or higher)

Talk to your provider about your risk and what screening options are best for you.

A: Asymmetrical

The mole or spot does not have a regular shape.

B: Border

The border of the mole or spot is irregular or jagged.

C: Color

Uneven or irregular color.

D: Diameter

The mole or spot is larger than the size of a pea.

E: Evolving

The mole or spot has changed in the past few weeks.

When you meet with your provider, make sure to mention any unusual moles or changes in your skin and let your healthcare provider know if you are at an increased risk for skin cancer.

Risk factors

Anyone can get skin cancer, but there are certain characteristics that can increase your risk of getting skin cancer including:

- a lighter natural skin color
- skin that burns, reddens or freckles easily
- blue or green eyes, and blond or red hair
- family history of skin cancer
- personal history of skin cancer
- older age

Smoking can increase your risk of squamous cell skin cancer and is one of the leading causes of premature aging by damaging elastin and collagen, which is what gives skin strength and elasticity. One of the best ways to protect your skin is to stop smoking.

