

MCSIG Livin' Well Newsletter

AUGUST - NATIONAL WELLNESS MONTH

Start today! focus on self-care and managing your stress. Start a new health promoting routine such as going on a daily walk outside. Incorporating wellness into our busy lives is important because it helps us prevent or delay onset of diseases and boosts longevity.

As a MCSIG member you have access to wellness tools to help you kick start your wellness goals:

- [Wellvolution](#)
- [Transcarent](#)
- Acupuncture & Chiropractic care benefits
- [Gym discounts](#)



time to
Take Action



August 2023 **Check-in on Your New Year Resolution**

Many people make resolutions at the beginning of the year to eat better, work out more, and live healthier lifestyles. Yet as the year moves along it may seem hard to focus on those annual health goals.

Thankfully, you have comprehensive resources available from your MCSIG health plan to keep you on track. These benefits include Transcarent, which is your entry point to quality, affordable care.

- 1. Use the Transcarent App to connect with your personal Health Guide.** Your Health Guide will carefully listen to your health and care needs and offer benefit guidance, personalized coaching, and provide appointment booking support with in-network doctors. Transcarent Health Guides are advocates for transparency in your health journey.
- 2. When you can't wait for an appointment, use the Transcarent App to get care in less than 60 seconds.** You will receive quality, secure care for your health needs in a virtual appointment with a live clinician, anytime in the U.S., day or night. Use for urgent care such as colds, flu, UTI, or rashes; medication refills; and primary care for support managing chronic conditions like diabetes, high blood pressure, and asthma.
- 3. Strengthening exercises can support you with chronic neck and back pain. MCSIG covers a Virtual Physical Therapy benefit** where a licensed therapist will design a personalized program that you can use for ongoing maintenance when you feel pain. You can sign up in the Transcarent App at no cost or get help from your Health Guide to enroll.

Don't delay your health goals a second longer. [Get started with your Transcarent benefits today!](#)



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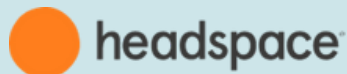
transcarent
EXPERIENCE DIFFERENT

Mental Health Matters Stress Buster Tools



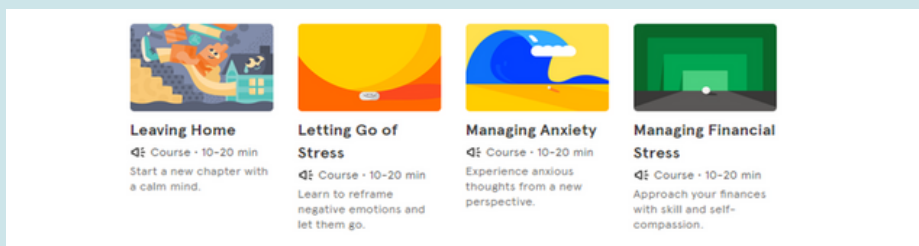
Can you believe that back-to-school season is right around the corner? Family mental health provider Brightline knows that returning to the classroom can be stressful for kids *and* parents. Looking for some support to help your kid navigate school-related worries? Brightline's expert care team is here for you through this season and beyond.

Sign up to connect with a mental health expert right away: hellobrightline.com/signup/bts



Headspace – the full premium version (retails for \$70/yr) at **no cost to MCSIG members!**

Headspace offers over 500 guided meditations, sleep casts, music playlists for focus, sleep, and dance breaks! The coaches are of diverse ethnicities and genders.



Visit [Wellvolution](#) today to access headspace and other mental health apps such as Ginger.

Stay in touch!

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[Municipalities, Colleges, Schools Insurance Group](#)

Self Care Planner

Schedule a 10-30 minute self care activity you can start today: :

Day 1 - Today is _____

Activity

How do you feel after:

Time engaged:

Schedule the next time:

➤ **Goal:**

Next
Physical

Breakfast

Lunch

Dinner

Water Tracker: 8 cups

Exercise

Bonus: Pick a free personalized wellness program recommended for you in Wellvolution.