

MCSIG LIVIN' WELL NEWSLETTER

September 2023

Self-improvement Month

What is self-improvement?

Self-improvement is a continuous journey through-out our lives, but it has great impact because positive changes come from it. Any aspect of your life can be improved: physical health, mental health, emotional health, relationships, career, and any new skill or hobby you would like to explore.

Self-improvement benefits include increased overall well-being, physical health, confidence, productivity while mental health and relationships may also be improved. Improving yourself in any aspect increases our sense of accomplishment and satisfaction.

What have you done in the last year to improve yourself?

September Challenge!

Set a realistic goal you can start working towards today. Need help figuring out what you can work on for your self-improvement?

Complete the health questionnaire at www.wellvolution.com for personalized wellness program recommendations.

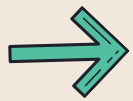


GET YOUR ANNUAL FLU SHOT!

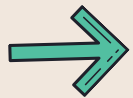
Protect yourself and your loved ones

Flu shots are 100% covered by your MCSIG medical plan. As a MCSIG member, you and your covered dependents can receive a flu shot at any network pharmacy* by showing your Express Scripts ID card or at your primary care doctor's office.

*not covered at Walgreens



To search a pharmacy visit Express Scripts website:



Need a provider? Visit Transcarent. Find a pharmacy or provider near you: <https://www.mcsig.com/transcarent/>



In support of...

MENTAL HEALTH CRISIS LINE: DIAL 9-8-8

Suicide Prevention Month, MCSIG wants to help by connecting you with the resources you need!

One tool available to MCSIG members for FREE is the Ginger APP (when you register through Wellvolution). Behavioral health coaching through Ginger offers members day-to-day support, includes a self-care library with interactive experiences that help members learn about and practice the valuable skills needed to manage stress, anxiety, and other day-to-day challenges via guided meditations, breathing exercises, recorded classes, and more. There is no copay for coaching services.

In addition, you may choose to connect with a Licensed therapists to work to deepen self-awareness, identify and address ineffective patterns of behavior, and process thoughts and feelings. Psychiatrists are also ready to support those in need of additional care, including prescribing medications. In this case, health plan benefit design dictates the member co-pays for virtual consults with clinicians.



Video therapy & psychiatry appts. within hours



TWO-WEEK CHALLENGE

MCSIG WELLNESS

A GRATITUDE ATTITUDE CHALLENGE

CHALLENGE: WRITE DOWN ONE THING YOU ARE GRATEFUL FOR EACH DAY FOR TWO WEEKS

AN ATTITUDE OF GRATITUDE IS ESSENTIAL FOR A MORE POSITIVE MOOD AND MINDSET. ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI), STUDIES SHOW THAT THANKFULNESS PREDICTED A SIGNIFICANTLY LOWER RISK MENTAL HEALTH CONDITIONS SUCH AS "MAJOR DEPRESSION, GENERALIZED ANXIETY DISORDER, PHOBIA, NICOTINE DEPENDENCE, ALCOHOL DEPENDENCE AND DRUG ABUSE." FOR TWO WEEKS WRITE DOWN ONE TO THREE THINGS YOU ARE GREATFUL FOR ON EACH DAY. WHAT ARE YOU GRATEFUL FOR ON THIS DAY?

SOURCE: [NAMICA.ORG](https://www.namika.org)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

Name: _____

Start Date: _____

Work location: _____

