

MCSIG LIVIN' WELL

Newsletter

BREAST CANCER SCREENINGS


Guidelines for *women at average risk*:

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

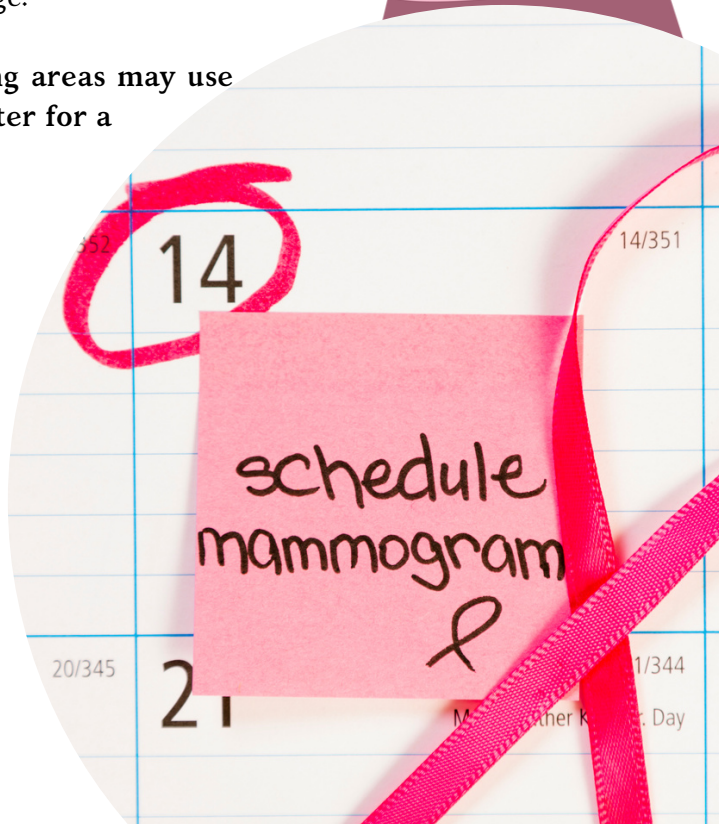
A doctor can assess if a woman is considered to be at average risk. Talk with your provider at your next appointment about your risk. Contact MCSIG customer service at 831-755-8055 if you have questions about your coverage.

MCSIG PPO Select Members in Salinas, CA and surrounding areas may use the coupon below at the Nancy Ausonio Mammography Center for a **FREE EXAM** :




 Nancy Ausonio Mammography Ctr.
 240 San Jose St
 Salinas, CA 93901
 (831) 759-3091

MCSIG Members Coupon For:
Approved Mammography Services SVMH
Staff Refer To List
For Office Use Only:
*****Register as Client Account under MCSIG*****



Good News

FREE CALCIUM SCORE SCREENING

Available to members with any MCSIG plan



Test your heart attack risk



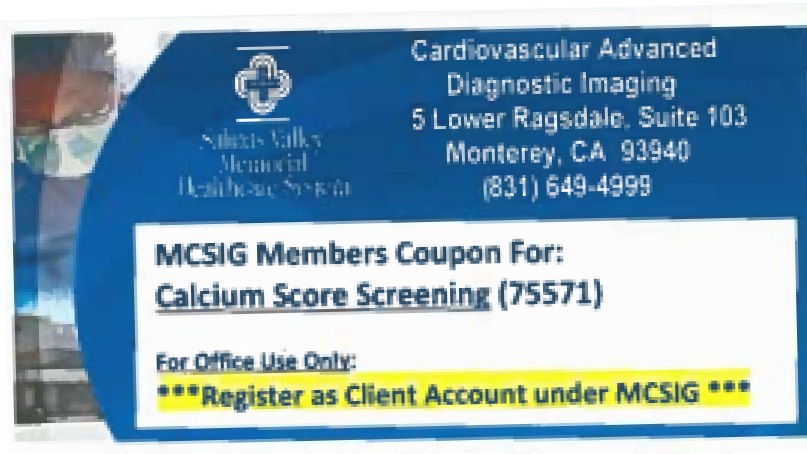
A Calcium Score Screening:

- detects calcium that is different from the calcium in bones and isn't related to too much calcium in a diet.
- suggest when there is higher than normal coronary calcium deposits which correlates with a higher chance of significant narrowing in the coronary arteries and a higher risk of future heart attack.
- uses low radiation exposure and no contrast dye with computerized tomography (CT) to detect calcium deposits in the coronary arteries of your heart in just a few minutes.
- procedure is not recommended if you are pregnant. 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

For questions about covered services 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>.



Rewards Promotion from Transcarent Coming October 2023

Invite a Colleague or Family Member on a MCSIG Health Plan to Create a Transcarent Account and Claim a Reward!

1. This month, Transcarent will send you an email and a postcard with details about the opportunity to receive **\$10 Amazon gift codes**.
2. Once you receive your email or postcard in the mail, just follow the instructions to register your free account with Transcarent.
3. Once inside your free Transcarent account you will be able to invite your spouse, dependents 18+, or colleagues, that are on a MCSIG health plan to also register their free Transcarent account.
4. If your colleagues or loved ones on a MCSIG health plan sign up for their free Transcarent account using your referrer link for a new account and during the promotional period, you both will receive a \$10 Amazon gift code!
5. Members registering for Transcarent must sign up through referrer's link in order for the referrer to receive their reward.
6. Plus, the more you refer with your Transcarent referrer link, the more rewards you could win. **Eligible for up to \$500 total gift code value.**


»»»» MCSIG OPEN ENROLLMENT IN NOVEMBER

During November's Open Enrollment you can make changes to your MCSIG medical, dental & vision plans with an effective date of January 1, 2024

Contact your employer for your specific open enrollment dates



COMING
SOON



Need help selecting a plan?
Call MCSIG Customer Service at 831-755-8055
to answer your benefits questions.



TWO-WEEK CHALLENGE

MCSIG WELLNESS

SUGAR-FREE AS CAN BE

CHALLENGE: LIMIT SUGAR INTAKE FOR 2 WEEKS

TRACK YOUR ADDED SUGAR INTAKE FOR TWO WEEKS. NATURAL SUGARS, WHICH ARE FOUND IN FOODS LIKE VEGETABLES, FRUITS, AND DAIRY PRODUCTS, ARE BETTER TO EAT AND PROVIDE MUCH MORE FIBER THAN PROCESSED FOODS. YOU CAN USE A FREE TRACKER APP (SUCH AS MY FITNESSPAL) OR SIMPLY AVOID THESE "HIDDEN SUGAR" WORDS BY READING FOOD LABELS: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FRUCOTSE, OR ANYTHING ENDING IN "SYRUP" OR "OSE." FOODS THAT CONTAIN HIGH ADDED SUGARS INCLUDE BREAKFAST CEREALS, ICE CREAM, COOKIES, CAKES, CANDY, SODA, AND SWEETENED COFFEE DRINKS. INSTEAD, EAT MORE WHOLE FOODS SUCH AS OATMEAL, FRUITS, VEGETABLES, LEGUMES, LEAN MEATS, AND DAIRY.

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: _____

