

MCSIG LIVIN' WELL NEWSLETTER

November 2023

Benefits of eating seasonal produce:

There are benefits to eating produce picked at its peak aside from it tasting better. Fruits and vegetables harvested in its proper season are more mature when picked which makes them more nutrient-dense meaning you get more vitamins, minerals, and antioxidants from them. Seasonal produce is more likely to be locally grown which can save you money because it is sold at its best price *and* it benefits the local economy.

Read more [here](#)



Try these healthy fall harvest foods:

- Root vegetables, such as parsnips, carrots, turnips, and beetroots.
- Brassicas, such as Brussels sprouts, cabbage, and kale.
- Winter squash, such as butternut squash and pumpkin.
- Citrus fruits, such as satsumas and tangerines.
- Pomegranate, apples, cranberries, pears, chestnuts, almonds, walnuts, and wild mushrooms.

[Find a Farmers' Market](#)



New In-network Primary Care Practice

available to all MCSIG PPO Members

altais⁺ medical group

Salinas

Now accepting NEW patients!
Conveniently located, schedule direct online or by phone.

535 E Romie Ln., Suite 2
Salinas, CA

831.652.8150 | altais.com

Visit the [Altai Medical Group website](#).



This Location is an In-Network BSC PPO Provider Practice.

Spend less for quality health care by using an in-network provider.

Earn a Fitbit® Activity Tracker*



**REDUCE YOUR RISK
FOR DIABETES –
YOU COULD EARN A
FITBIT**



Claim my Fitbit now

November is Diabetes Awareness Month!

...and we invite you to get started on your personalized program to reduce your risk of developing Type 2 diabetes.

Join a program now through Wellvolution!

It's all included at no cost if you qualify through Blue Shield of California.

*For participants who complete required activities based on the program selected. Applies to certain Fitbit® models. Limited to 1 per person. Solera Health reserves the right to substitute an alternate activity tracker. The Fitbit is included in the Diabetes Prevention program and is available to those members who enroll in Wellvolution, complete the questionnaire, and are found to be at risk for type 2 diabetes. Any member eligible for Wellvolution is eligible to take the quiz to see if eligible for the diabetes prevention program.

brightline

Virtual Mental Health For Families

Supporting children 18 months to 17 years and their families.
Copay applies for therapy sessions



Scan the QR Code
To Get Support Today!

