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MCSIG Livin' Well Newsletter December 2023

MCSIG Mental Health Options

- Blue Shield*
 - [Blueshield.com](https://www.blueshield.com)
 - 831-755-8055
 - Age varies by provider
 - In person and telehealth
- Brightline*
 - [Hellobrightline.com/MCSIG-join](https://www.hellobrightline.com/MCSIG-join)
 - 888-224-7332
 - Ages 18 months to 17 years
 - Telehealth
- Headspace Care* (Ginger)
 - [Wellvolution.com/mentalhealth](https://www.wellvolution.com/mentalhealth)
 - Register to Wellvolution to access
 - No charge for behavioral health coaching
 - Ages 18+
 - Telehealth
- Metlife
 - [Metliffeap.lifeworks.com](https://www.metliffeap.lifeworks.com)
 - Username: metliffeap
 - Password: eap
 - 888-319-7819
 - No copay
 - Ages 5+
 - 5 visits per issue, per year
 - In person and telehealth
- Teladoc
 - [Teladoc.com](https://www.teladoc.com)
 - 800-TELADOC
 - No Copay
 - Ages 13+ (18+ for psychiatry)
 - Telehealth

*plan copay applies



Manage your stress this season!

You are not alone! Let us help.



**Gift yourself
Financial Wellness**

Access financial and budgeting advice through your Metlife benefits

If you are dealing with financial worry, your Employee Assistance Program (EAP) through Metlife, offers financial assistance including budgeting and retirement advice for MCSIG members and anyone living in their household. MCSIG members needing to speak to a mental health professional can receive 5 free consultations with licensed therapists per presenting issue, per year.

Call (888) 319-7819 anytime to speak with a counselor or schedule an appointment.

Log on to [metliffeap.lifeworks.com](https://www.metliffeap.lifeworks.com)

**Username: metliffeap
password: eap**





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NEW

altais⁺

Altais Medical Group - Primary Care for you and your family*

535 E ROMIE LANE SUITE 2 SALINAS CA 93901

MCSIG members have access to exceptional care, when and where you need it with **Altais Medical Group - Salinas**. Make an appointment online or call 831-652-8150. After Hours Care available virtually and after normal business hours.

*in-network for all MCSIG PPO plans (including PPO Select)



Flu, Cold, Allergies or COVID-19?

This cold and flu season, stay in charge of your health with Transcarent. When you're not feeling your best, Transcarent gives you access to a live care team for urgent and primary care needs in less than 60 seconds. You can start a virtual visit whenever you need and easily text or video chat with your doctor or nurse directly through the Transcarent app – 24 hours a day, 7 days a week, 365 days a year. Just log into the Transcarent app or visit member.transcarent.com to get started!



Set Goals for a Fit 2024

Waived enrollment fee promo in January!

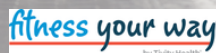
New year, new wellness journey!

Fitness Your Way provides access to fitness gyms nationwide and an extensive library of digital content.

Join Now

Discount Code: **BSCENROLL4FREEJAN**

For a complete list of fitness centers offering MCSIG member discounts visit www.mcsig.com



Ways to boost your immune system

Lifestyle and healthy habits are the first line of defense and help strengthen the immune system. Challenge yourself to follow these healthy living standards:

- Don't smoke. (Get help quitting with a free smoking cessation program at www.wellvolution.com)
- Eat MORE fruits and vegetables.
- Exercise regularly (or on most days).
- Maintain a healthy weight.
- If you drink alcohol, drink in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.
- Keep current with all recommended vaccines. Vaccines prime your immune system to fight off infections before they take hold in your body.

Source: [Harvard Health Publishing](https://www.harvardhealthpublishing.com)