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MCSIG LIVIN' WELL

Newsletter - January 2024



The health and wellness of our Members is our top priority

Transcarent makes it easy for MCSIG Members to access high-quality, affordable care. With a personalized app tailored for each Member, an on-demand care team, and a connected ecosystem of high-quality, in-person care and virtual point solutions, Transcarent eliminates the guesswork to confidently guide you to the right level of care.

Transcarent provides an integrated care experience for you and your covered family members—adding transparency to health care costs, finding in-network providers, and personalized support. All questions related to your plan benefits can be directed to your Transcarent Health Guide.

We encourage you to explore all your available benefits. And, importantly, Transcarent benefits are at no-cost or at a low-cost to you.

Activate your free Transcarent account today! For questions or to contact your dedicated Health Guide, **call (855) 586-2744**.

Start a new fitness journey this January and \$ave!



MCSIG partners with local fitness centers to offer Members savings when enrolling in a gym/fitness center (some fitness centers offer a discount on monthly dues). You may see the current fitness center discounts list at our website [here](#).

Don't see a fitness center near you on the list? Contact Jessica Amezcuca at jamezcua@mcsig.com and she will gladly contact the fitness center to request a discount for MCSIG members.*

*not guaranteed

Wellness Employees of the Quarter

Marion Germond Cuesta College

Marion motivates colleagues with her thorough wellness routine and healthy habits. Marion stays active as she walks, runs, or bikes at least 5 days a week. She incorporates calisthenics, weightlifting, and yoga weekly as well. Her tip is to not get too rigid about the routine to keep it enjoyable.

Marion says “I try to eat the rainbow every day! I am mindful of the types of meat and proteins that I eat (ethically raised and locally sourced, if possible). I prioritize getting 8 hours of sleep every night. I take multivitamins every day! I drink lots of water every day! I make time for meaningful connection with others, but also enjoy doing things alone to strengthen my relationship with myself. I absolutely love being outdoors! I practice gratitude, daily...and make sure to find my breath when life gets stressful!”



Daniel Lopez Salinas Union High School District

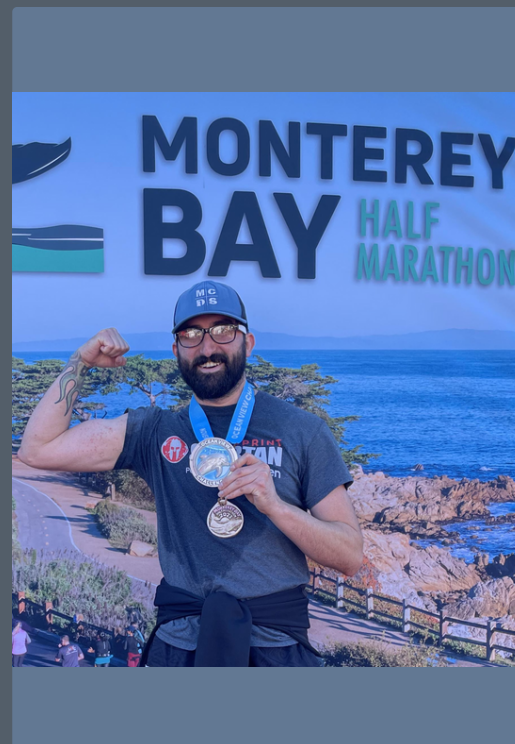
Exercise routine: “I workout/run as often as I can. As an educator who is always on the go, I make sure to squeeze it into my duties as a fitness club advisor and athletic coach (doing the work with the kids, in addition to using my personal fitness facilities at home).”

Favorite activities: “Staying active, working out (mostly weightlifting), running, and watching TV/movies.”

Favorite healthy snack: “Homemade beef jerky!”

Stress buster tip: “Organize EVERY aspect of your life into a calendar (I use a Google Calendar to be able to access it from wherever I am!)”

Accomplishment: “One of my biggest accomplishments is being the first in my family to graduate with a Masters. The second, would be publishing a poetry book while attending college at twenty. Currently, I would just like to improve the size of my calves! Other than that, I'm happy with my current situation and life directions.”



brightlinesm

January 2024

BRIGHTLINE WEBINAR: DITCH THE 'I CAN'T'S' THIS YEAR - A PARENT'S GUIDE TO BUILDING KIDS' CONFIDENCE

Webinar registration link: <https://helloworldbright.co/NewYear2024>

(All registrants will get a link to the recorded webinar after the event)

When? **Tuesday, January 23rd, 2024 @ 10am**

Help your child kick off this new year with confidence! Join Brightline for a free 60-minute webinar they're hosting to help parents & caregivers support their kids' mental health. Two Brightline behavioral health coaches will cover:

- Some of the causes of low confidence & self-esteem
- Tips for fostering confidence in your child
- What is a growth mindset, and how to nurture your child's
- & more!



ARE YOU MISSING OUT ON BENEFITS AVAILABLE TO YOU?

Contact MCSIG customer service at 831-755-8055 to learn more about your added value benefits. With any MCSIG PPO plan you have benefits such as acupuncture and chiropractic coverage, mental health support tools, and many more wellness benefits!