

Livin' Well

Newsletter



Food As Medicine - Tuesday Night Call

Drop medications, weight and chronic conditions with Betr

If you've tried everything to get your health and weight back and nothing seems to work, it's time to try Betr. Discover the real root cause of our struggle with healthy living. Hear directly from other members who are reversing diabetes, dropping medications, regaining energy, reducing pain and losing 3-5 pounds per week.

Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more. You'll have the opportunity to ask questions during the Q&A session.

**Every Tuesday Night
6pm PT / 9pm ET**

[Register HERE](#)

MCSIG members get free access to Betr through Wellvolution. See if Betr is a good fit for you at wellvolution.com/betrhealth.



IMPORTANT!

Dependent Verification Audi

MCSIG is conducting a Dependent Verification Audit as part of our commitment to control healthcare costs. MCSIG is taking steps to ensure that only eligible dependents are covered under our healthcare plans. Initial notices to members with dependents will be mailed on February 20, 2024. Responses by members are required by April 16, 2024. We appreciate your cooperation while we conduct this important dependent verification audit process.

Chopped Mediterranean Salad Recipe

Ingredients for 4 servings

- 2 cucumbers
- 4 tomatoes
- 1 red onion
- ½ cup feta cheese
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- salt, to taste
- black pepper, to taste
- 1 tablespoon lemon juice
- 1 cup kalamata olive

Preparation

1. Peel the cucumbers. Cut into discs, and then quarter the discs. Place in a large salad bowl.
2. Cut tomatoes into quarters, lengthwise, and then rotate and cut into large chunks. Add to the salad bowl.
3. Cut the red onion in half, removing the skin, stem, and bottom. Thinly slice and add to the bowl.
4. Add the feta cheese, olive oil, red wine vinegar, salt, pepper, lemon juice, and olives to the salad bowl and toss gently.
5. Enjoy!



Self Love Challenge



A Week of Self Love Challenge. Let's get started!

Day 1:

Write down 5 things you like about yourself (or specific affirmations) and stick it on your mirror or a wall/door you have to see every day. Keep it there for the duration of the challenge.

Day 2:

Financial wellness is a priority, but you deserve to treat yourself without feeling guilty! Buy yourself a treat (can be something you enjoy eating or any item such as a fancy water tumbler or even a spa service). Self-care is how we take our power back!

Day 3:

Go for a walk, jog or run. Challenge yourself to go further than you'd usually go. Feel your heartbeat rise and appreciate your body and everything that it does for you. Take a moment to value your health and make a pledge for one small activity you will do every week to better improve your health and physical wellbeing.

Day 4:

Identify a past mistake that you're still holding onto. Focus on how you've changed since then. Realize how it's actually only made you stronger, kinder, wiser – and forgive yourself. Forgive yourself and let it go.

Day 5:

Wear an outfit that makes you feel good. One that's BOLD, but which feels like you. Then go out somewhere and hold that head up high! You've got this!

Day 6:

It's time do have some fun! Do one thing today that you really enjoy. One thing you haven't done for a while perhaps, but which makes you laugh, smile, SCREAM with excitement even!

Day 7:

Write yourself a love letter! What do you love about yourself? What do you wish you could tell yourself in the moments when self-doubt slips in? Write it all out, then tuck it in a drawer. The next time you're feeling low it will be there waiting for you, ready to lift you back up!

