




# ARE YOU IN PPO SELECT PLAN?

Salinas Valley Health Hospital and Services are NOW IN NETWORK





**You can now use the SVH Emergency Room without a referral.**

*\*We still ask that you avoid the ER for non-emergencies to control costs, and instead use Teladoc/Transcarent services.\**

SVH Clinics are now in network!

If you need a Primary Care Physician, Altais Medical Group has daily appointments available.

The agreement with SVH for MCSIG PPO Select members is about ensuring that all of us have access to healthcare, in the community, when we need it.



# SWÖRKIT

PERSONALIZED WORKOUTS  
LEANER | FITTER | STRONGER

### New Physical Therapy & Fitness Program

All MCSIG members enrolled in a PPO plan now have access to a new Physical Therapy & Fitness program under Wellvolution. The program includes personalized digital therapy and health programs to reduce pain and increase strength. No matter your pain level or where it hurts, Wellvolution has a program for you.

#### How it Works:

- Create a Wellvolution account**  
Visit [Wellvolution.com](https://www.wellvolution.com) to get started. We'll confirm that you're qualified to receive the program at no extra cost.
- Get programs**  
Pick one or more health goals you'd like to work on. We'll recommend the best program(s) for your needs. You can make your choice and get started.
- Become a healthier you**  
With the assistance of your program, begin making healthier choices about diet, exercise, sleep, stress, and your overall health.



## ENROLL NOW

# Blue Shield Support Care Management Program

**Suffer from a chronic condition or are you interested in taking control of your health?**

Shield Support Care Management Program offers short and long-term support to optimize your benefits, health and quality of life

Shield Support Program will:

- Help identify available treatment options
- Help with making important healthcare decisions
- Coordinate your care with your healthcare providers
- Research additional resources , such as support groups and financial assistance

Program is at no extra cost to you, it is included with your benefits, and you may stop using the program at any time.

For more information, please call at (877) 455-6777, Monday through Friday between 8 a.m. and 5 p.m. If you are hearing impaired, please call 711 for the relay service in California.





Injuries can happen any time. MSJ+**Today** is here for you when you need immediate care with a specialist for your aches, pains or strains.



**The Right Treatment, Right Now.**

- ✓ Same-day Appointments
- ✓ Extended Hours
- ✓ Comprehensive Injury Care
- ✓ Sports Medicine Services
- ✓ MRI and X-Ray Imaging
- ✓ On-site Physical Therapy
- ✓ Accepts most major health plans



Schedule Your Appointment  
Text or Call **831.648.7265**

Visit us online  
**MSJ.Today**

Ryan Ranch Office Park · 12 Upper Ragsdale Drive · Monterey, CA  
Mon through Fri / 9 am – 8 pm · Sat & Sun / 10 am – 7 pm



**Expert Medical Opinion**

Feel Confident in Your Medical Care  
If you're on a new medical treatment plan, or if you've been recently diagnosed, you may be feeling unsure about how to proceed. We can help.

With **Transcarent**, you have access to top experts in more than 550 medical specialties at the world-famous Cleveland Clinic, at no cost to you. They'll review your case in depth and meet with you personally to share their opinion and recommendations for your care.

Just log into the Transcarent app at [member.transcarent.com](http://member.transcarent.com) to get started. You can contact your dedicated Health Guide at (855) 586-2744 with any questions.



**Need a Primary Care provider?**

If so, please visit or call Altais Medical Group to schedule your appointment today, using the QR code below, by visiting their website or by calling. They are accepting new patients! Also, there are plenty of available openings as early as the next day. Spanish speaking services are available!



**Office Location**  
535 E. Romie Ln., Suite 2  
Salinas, CA 93901  
831-652-8150



**Office Hours**  
Monday-Friday  
8 a.m. - 12:00 p.m.  
1:00 p.m. - 5 p.m.

website: [amgsalinas.com](http://amgsalinas.com)

## This Month's Challenges

# 1 Week Challenge



### Day 1

-50 sit ups  
-20 push ups  
-50 high knees

### Day 2

-1 mile run  
-50 high knees

### Day 3

-50 sit ups  
-20 push ups  
-50 high knees

### Day 4

-2 mile run  
-30 high knees

### Day 5

-30 Push ups  
-100 jumping jacks

### Day 6

-1 mile run

### Day 7

REST !!!



## Declutter Checklist

### Bedrooms

- Old, unused clothes
- Unused shoes
- Old bedding
- Accessories- bags, hats
- Seasonal clothing
- Jewellery/Perfumes

### Bathrooms

- Old toiletries
- Towel Refresh
- Hair products
- Expired medicine
- Unused makeup
- Old sunscreen

### Kitchen

- Expired food
- Old cloths/tea towels
- Sort utensils
- Broken glasses/crockery
- Tupperware missing lids
- Broken appliances

### Living Room

- Unused decor
- Burnt out candles
- Old games
- Knick knacks
- Cords with no purpose
- Broken furniture

### Office

- Old pens/stationary
- Receipts and paperwork
- Unused books/cds/dvds
- Broken Equipment
- Unused craft items
- Old inks/batteries

### Outside

- Broken tools
- Old toys
- Rusty plant pots
- Unused paints
- Outside equipment
- Pets items refresh

## Allotment Salad

### Recipe



### Ingredients

8 asparagus spears, halved  
250g green beans, halved  
250g long-stem broccoli, chopped into 2cm lengths  
200g peas, fresh or frozen  
8 radishes, sliced  
1 pointed cabbage, shredded  
4 spring onions, sliced  
handful of mint leaves, chopped  
For the dressing  
4 tbsp olive oil  
1 tbsp Dijon mustard  
1 lemon, juiced

### Method

#### STEP 1

To make the dressing, combine all the ingredients in a bowl and season well.

#### STEP 2

Bring a pan of salted water to the boil and fill a bowl with iced water. Cook the asparagus for 2 mins, then transfer to the iced water with a slotted spoon. Cook the beans for 4 mins and repeat, then do the same with the broccoli (cook for 2½ mins) and peas (cook for 1 min). Drain and pat dry with kitchen paper.

#### STEP 3

Tip into a bowl with the radishes, cabbage, spring onions and mint. Serve the dressing on the side.

<https://www.bbcgoodfood.com/recipes/allotment-salad>