



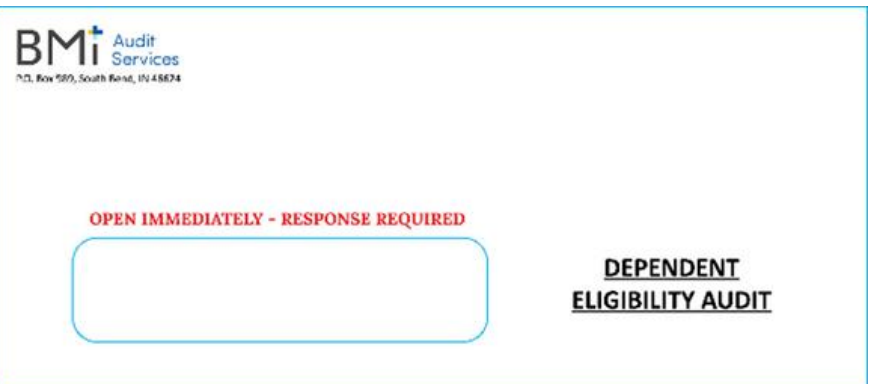
## **ACTION REQUIRED** DEPENDENT ELIGIBILITY AUDIT

**DEADLINE: APRIL 16, 2024**

THE DEPENDENT ELIGIBILITY VERIFICATION AUDIT IS QUICKLY COMING TO A CLOSE. ALL PARTICIPANTS WITH ENROLLED DEPENDENTS FOR MEDICAL COVERAGE SHOULD HAVE RECEIVED A PERSONALIZED AUDIT PACKET TO THE MAILING ADDRESS THAT MCSIG HAS ON FILE. THE INFORMATION SHOULD HAVE ARRIVED IN AN ENVELOPE LIKE THE ONE PICTURED BELOW .

THE CONTENTS OF THE ENVELOPE INCLUDED THE FOLLOWING ITEMS:

- Letter.** Explains the verification process and how to submit documents.
- Verification Form.** Details for identifying dependent relationships and required documents.
- Resource.** A toll-free helpline for BMI – please direct all questions to this team at (877) 634-7780, Monday-Thursday 5 AM-4 PM (PT), Friday 5 AM-2 PM (PT).
- Access to BMI’s secure online portal.** This is the most efficient way to complete member requirements. Members will also have the option to submit copies of documents via USPS mail to: BMI Audit Services, PO Box 989, South Bend, IN 46624



**EMPLOYEES WITH ENROLLED DEPENDENTS ARE REQUIRED TO PARTICIPATE.**

**FAILURE TO COMPLY WILL RESULT IN LOSS OF COVERAGE FOR YOUR UNVERIFIED DEPENDENT(S).**

**WATCH this video for more information.**



**\*\*MEMBERS ENROLLED IN COMPLETECARE OR MEMBERS WHOSE DEPENDENTS ARE NOT ENROLLED IN A MEDICAL PLAN ARE EXEMPT.\*\***

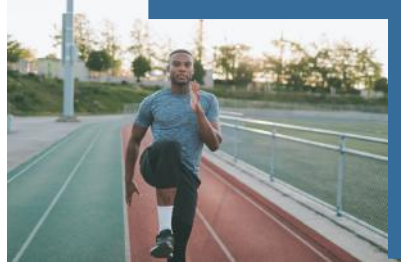


## MONTHLY WELLNESS FOCUS

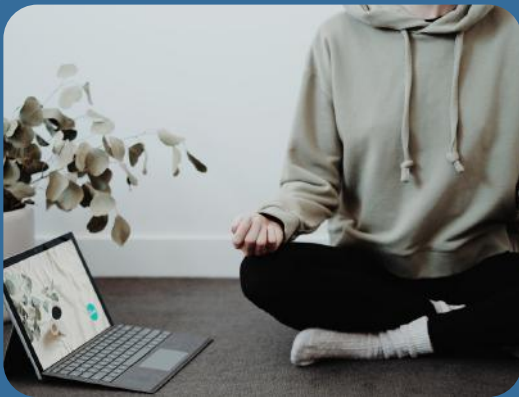
### NATIONAL CANCER CONTROL MONTH

- Statistics from the [American Cancer Society](#) show that in the U.S. 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime.
- Factors that affect cancer risks are genetics, diet, exercise and the use of tobacco and alcohol.
- To help reduce the risk of cancer, early detection is crucial, **GET SCREENED!**

[HTTPS://WWW.CANCER.ORG/](https://www.cancer.org/)  
[HTTPS://WWW.MEDICALNEWSTODAY.COM](https://www.medicalnewstoday.com)



## MENTAL HEALTH WELLNESS FOCUS



Headspace offers every person easy access to lifelong mental health support - no matter where you are, when you need it, or what you are experiencing.

Through meditation and mindfulness tools, mental health coaching, therapy, and psychiatry.

Headspace is available to all Blue Shield members who are 18 years of age and over 24/7/365.

Change your health, change your life. Visit: [www.wellvolution.com/mentalhealth](http://www.wellvolution.com/mentalhealth)



headspace

Wellvolution

## WELLNESS CHALLENGE FOCUS

Stretch into Spring stress free. This month's healthy habit will help to take strain off your muscles. The stretch exercises can be done at your desk, on the road or at home.

It is important to take the time to stretch, especially since our lifestyle has become very sedentary, for most. AND Daily stretching can ease tension and discomfort that can lead to headaches, migraines, muscle injuries, and lower back strain. Click on the images to get started or for a complete list of more stretch exercises and how to videos

please visit: <https://healthsmart.com> <http://www.mayoclinic.org>  
<https://healthsmart.com>

Neck Stretch



Forearm Stretch



Standing Stretch



# NEW PROVIDERS SERVICES & LOCATIONS



Salinas Valley Health is an in-network provider for all **PPO Select Plan Members** effective 3/1/2024.

Services they offer include:

- Behavioral Health
- Cancer Care
- Cardiology
- Diabetes & Endocrinology
- Imaging
- Rheumatology
- Sleep Studies

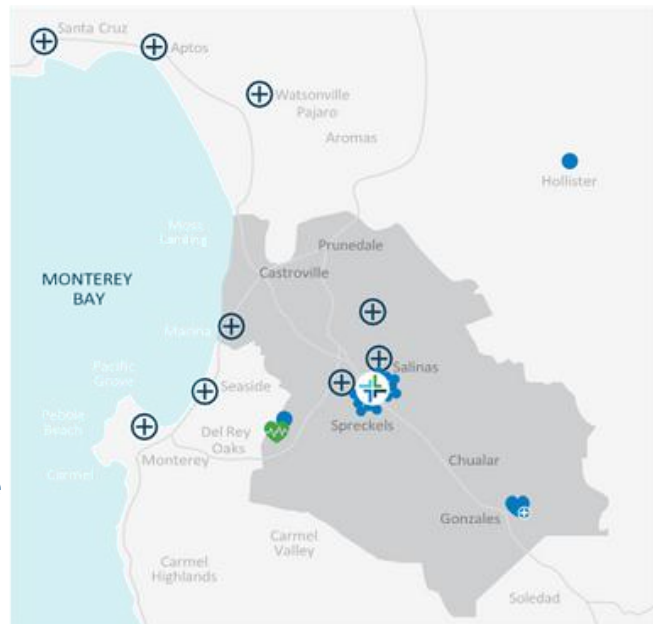
Please visit their website for a complete list of services offered and locations:

<https://www.salinasvalleyhealth.com/>

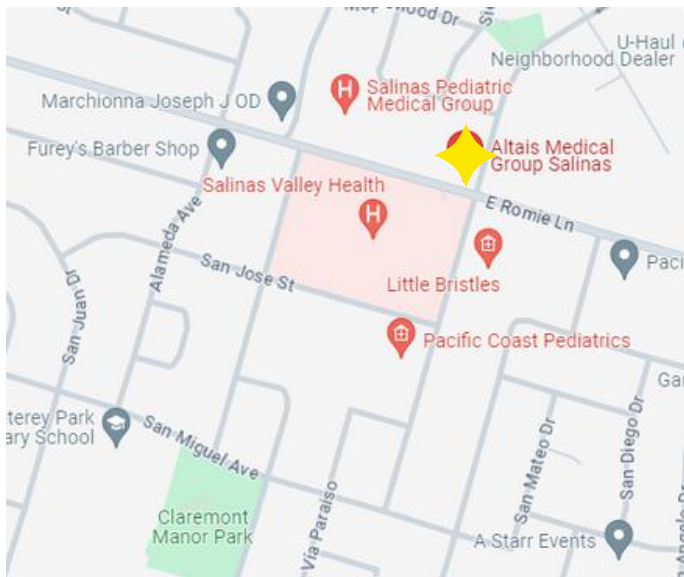
## KEY

- Salinas Valley Health Medical Center
- Clinic Locations
- Doctors on Duty
- Salinas Valley Health Advanced Imaging
- Salinas Valley Health Taylor Farms Family Health & Wellness Center

**Main Location:**  
Salinas Valley Health  
Medical Center  
450 East Romie Lane  
Salinas, CA 93901  
831-757-4333



altais<sup>+</sup>medical group  
Salinas



Altais Medical Group is an in-network clinic for all eligible MCSIG employees and dependents. Services they offer include:

- Primary Care
- Vaccinations
- Virtual therapy w/licensed Social Worker

Please visit their website for more information or to schedule an appointment: [amgsalinas.com](http://amgsalinas.com)

## Location:

535 E. Romie Lane, Suite 2  
Salinas, CA 93901  
831-652-8150