

# A HEALTHY LIFE IN FULL BALANCE

Enjoying all the benefits of **MCS Balance** program is easy and fast.

- 1** If you are 18 years or older, complete your Health Risk Assessment (HRA) through one of the MCS Care Clubs centers.
- 2** Once you complete the HRA or present evidence of your HRA that is current for twelve (12) months or less you will have access to:

## Gym membership

Reimbursement in gym membership up to \$120 per year per insured, equivalent to \$10 per month, up to a maximum of 12 months.





- » If you have any questions about this program, contact our Customer Service at 1.888.758.1616 or visit any of our service centers around the island.
- » For information of the nearest MCS Care Clubs, check your health plan's provider directory or visit our page [mcs.com.pr](https://mcs.com.pr), under the Mi MCS tool.

## Customer Service Hours

Monday through Friday from 8:00 a.m. to 8:00 p.m.,  
except holidays and Saturdays from 8:00 a.m. to 4:30 p.m.



Available for insured persons with 18 years of age or older. Certain restrictions, conditions and terms might apply. Subscribed by MCS Life Insurance Company. (Rev. Feb. 2023)