

Learn about our Wellness Programs



MCS | madres y bebés saludables

A program designed especially for the mother and the future baby. As soon as the doctor confirms the pregnancy, the insured can enroll free of charge by calling 1.866.817.2100.



MCS | alivia

Complementary and Integral Medicine Program



MCS | medilínea

Medical consulting service by telephone provided by registered nurses 24 hours a day, 7 days a week.



MCS | medilíneaMD

Telemedicine program that provides quick and easy access to generalists, internists, family physicians and pediatricians through virtual consultations 24/7.



MCS | steps to wellness

Virtual exercise program offering varied sessions by certified instructors.



MCS | solutions

A program that provides confidential mental health care, counseling services, health education and referrals to you and your family members 24/7.

For more information about providers, click here



Complete Health

