

**From:** Montana Group Benefits Trust <mara@mcun.coop>

# Weekly Wellness

FROM THE **MCUL Group Benefits Trust**



## MCUL Trust Tips

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We are restarting the MCUL Trust Tips, let's call this version MCUL Trust Tips 3.0.

You can expect to hear from us every week with a Trust Tip that will...

- Help you best use your medical coverages with the Trust
- Give you pointers to enhance your wellness
- Highlight the services that the Trust's business partners offer you (as a medically covered member of the Trust) at no out-of-pocket cost. These benefits can prove invaluable, often when you need help the most.

This weekly publication is our effort to help make your medical journey as painless as possible. And, we plan to distribute our "Trust Tips" via the three channels below to make sure we don't miss any of our members-

1. Via [HealthJoy](#), our friendly mobile benefits wallet app that provides all Trust related coverage details and related business partners on your phone and at your fingertips (if you haven't signed up, or it has been awhile, download the app and start using!),
2. Via emails, to our MCUL Trust Credit Union HR and Wellness Champions so they can share them with their teams, and
3. Via the [MCUL Trust Website](#) so that you can access ALL information about your MCUL Trust [Medical Plan Documents](#), our great [Business Partners](#), [Situational Resources](#), and the [Trust Tips](#) 24/7/365!

That's your MCUL Trust Tip for the today, you'll get another Trust Tip tomorrow and then on a weekly basis moving forward!

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This weekly publication from Montana's Credit Unions and the Montana Credit Union League Group Benefits Trust is part of the wellness program we provide to Montana credit union professionals and their family members. For more information on the Trust, call us or visit our website.

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