

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

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The MCUL Trust wants our members to utilize our MCUL Trust business partners' services. Why? We want our members to be healthy and happy!

Often when faced with a significant medical challenge, individuals can feel confused and frustrated. If they haven't already, this is when our members should reach out to our partners! Just like you want your members to reach out to your credit union experts when they need a loan or help managing their money, the MCUL Trust wants our members to TAKE ADVANTAGE of our business partners' specific expertise.

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### OUR BUSINESS PARTNERS ARE THERE FOR YOU

The MCUL Trust wants our members to utilize our MCUL Trust business partners' services. Why? We want our members to be healthy and happy!

Often when faced with a significant medical challenge, individuals can feel confused and frustrated. This is when, or even before any challenges start, our members should reach out to the MCUL Trust's business partners! Just like you want your members to reach out to your credit union experts when they need a loan or help managing their monies, the MCUL Trust wants our members to TAKE ADVANTAGE of our business partners' specific expertise.

Check out the amazing services that the following business partners provide **at no cost to our members** and take full advantage of these benefits.

**HealthJoy** provides members with an easy-to-use benefits wallet app and Employee Assistance Program.

**It Starts With Me (ISWM)** provides annual biometric screenings for members. Check out the screenings that are available in the near future and **[sign up for your visit.](#)**

**Take Control** provides health coaches to review ISWM biometric screening results and help members prevent and manage diabetes, high blood pressure, and high cholesterol, along with weight management.

**VezaHealth** provides patient advocacy, education, and physician-led second opinions with elite physicians. (While second opinions and patient advocacy don't cost the member, any tests, labs and other services necessary to complete second opinions are the responsibility of member in coordination with their plan coverage).

**Medical Rehabilitation Consultants (MRC)** provides utilization and case management services. Members have access to registered nurses who help members coordinate short- or long-term health care needs and support quality medical outcomes in a cost-conscious manner.

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## ENGAGE AND CASH IN

To encourage members to engage with the MCUL Trust's business partners, we've come up with two ways members can WIN valuable prizes this fall.

1. Every MCUL Trust medically covered member who completes their It Starts With Me (ISWM) Biometric Screenings by October 31, 2022, will have the chance to win one of ten \$100 gift cards.
2. If, after a member has received their results from ISWM, they reach out and complete a consultation with Take Control, VezaHealth, or MRC by October 31, 2022, they will be entered into a second prize pool. The two winners of that drawing will have the choice of an iPad or six months of personalized nutritional coaching (valued up to \$650).

We'll compile the names and conduct a drawing to determine our winners in late-November. If you've already completed your ISWM screening and/or engaged with one of these vendors in 2022, GREAT! Your name will be included in the applicable drawings! If you have any questions or concerns, feel free to reach out to [mara@mcun.coop](mailto:mara@mcun.coop).

(If you're not able to complete your Biometric Screenings with ISWM, but did obtain these labs through your local provider, you are still eligible to win. Just follow up with [mara@mcun.coop](mailto:mara@mcun.coop), and she can give you details so your name is included in the drawings.)

**That's your MCUL Trust Tip for the week, look for another great Trust Tip next week.**



This 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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