

Weekly Wellness

FROM THE MCUL Group Benefits Trust



MCUL Trust Tips

The past few weeks, we have focused on technical jargon related to your medical coverage. This week, let's focus on WINNING by reminding you that when you engage with MCUL Trust's business partners, you can WIN!

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 and we want you to engage as the deadline is quickly approaching.

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. ISWM is visiting 15 Montana cities in August and September, [check out the dates of screenings and learn how to sign up here](#).

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.

(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, and she can give you details so your name is included in the drawings.)

HOW DO I ENGAGE WITH MCUL TRUST'S BUSINESS PARTNERS? IT'S EASY, SEE THE *SPOTLIGHT ON YOUR BENEFITS* SECTION BELOW TO ACCESS VENDOR DETAILS AND LINKS FOR OUR BUSINESS PARTNERS.

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

SPOTLIGHT ON YOUR BENEFITS

- Ready to complete your biometric screening? [Learn more here.](#)
- Want to review your biometric screening with a professional? [Sign up here.](#)
- Want assistance navigating your care options and access to elite physicians? [Erin](#), with [VezaHealth](#) can help.
- Are you managing a chronic disease? [Take Control](#) can provide assistance.
- Having surgery and need to pre-certify? [Medical Rehabilitation Consultants](#) are available.

When contacting our MCUL Trust business partners, remind them that you are a MCUL Trust member.



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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