

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

Last week we discussed why it's important to have a Primary Care Provider. This week, let's talk about routine well care, screenings, and immunizations.

Why should members complete routine well care, preventive screenings, and/or immunizations? What's that old saying-- "an ounce of prevention is worth a pound of cure?" Statistics show that when caught early, most health conditions are easier to treat and manage. It's important to complete annual checkups and biometric screenings, to immunize as needed, and get the appropriate screenings based on age and gender.

- Adult check-up suggestions include routine physical, vision, and dental exams.
- Adult screening suggestions include biometric, PAP, HPV, STD, mammograms, skin checks, colonoscopies, bone density tests, hearing tests and more dependent on age, gender, and health history.
- Adult immunization suggestions include seasonal influenza, Tdap booster every 10 years (assuming receipt of one as an adolescent), HPV, Shingles, Pneumococcal conjugate vaccine, COVID and more. The CDC provides an Adult Vaccine Assessment Tool, learn more [here](#).

**This is your call to action- consult with your primary care provider on which services are appropriate for you to complete.**

Routine Well Care is covered per the plan document prior to paying your deductible but is subject to age and developmentally appropriate frequency limitations as determined by the U.S Preventive Services Task Force (USPSTF). Your primary care provider should be able to provide you this guidance. Learn more about preventive care coverage in your [plan document](#) or at the [USPSTF site](#).

**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](#).
- Need to review your biometric screening with a professional? [Sign up here](#).
- Want assistance navigating your care options and access to elite physicians for a remote second opinion? [Erin](#), with [VezaHealth](#) can help.
- Are you managing a chronic disease? [Take Control](#) can assist.
- 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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