

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

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The past couple tips have discussed medical insurance jargon, which is important, but even more important is your health. This week, we discuss why it's critical to have a Primary Care Provider (PCP) and how they can help your health.

The statistics speak for themselves — primary care is essential: According to Eden Health, "adults in the U.S. who have a primary care provider have 19% lower odds of premature death than those who only see specialists for their care. Also, patients with a primary care provider save 33% on healthcare costs compared to those who only see specialists."

Google the question "why is a primary care provider important?" and you'll get the picture from many different sources. PCPs provide:

1. Continuity of care throughout your life;
2. Guidance on screenings and immunizations that are age and gender appropriate;
3. Help managing medication;
4. Help preventing and managing disease; and
5. Provide referrals to specialists when necessary.

Learn more [here](#).

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### HOW DO I FIND A NETWORK PRIMARY CARE PROVIDER?

1. Use your HealthJoy app. Under the chat option, tell "Joy" that you would like help finding a primary care provider. "Joy" will search for a Network PCP and can also set up an appointment for you.
2. Visit the [First Choice Health Network website](#) and conduct your own search. Click on the green "Find Care" button, indicate the location, and under specialty indicate primary care provider, then click "Search." Choose

“Employer/Group/Trust Name” under “Select Network,” and enter Montana Credit Union League – 00530 or call them at 800-231-6935.

**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.

**MCUL Group Benefits Trust | 406-324-7455 | [www.mcun.coop/health-benefit-trust](http://www.mcun.coop/health-benefit-trust)**

Montana's Credit Unions | 101 N Rodney, Helena, MT 59601

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Sent by [mara@mcun.coop](mailto:mara@mcun.coop)