

Weekly Wellness

FROM THE MCUL Group Benefits Trust



MCUL Trust Tips

We've completed a month and a half of Trust Tips. To mark the occasion, we're giving you the chance to look back at the tips we've shared.

Health insurance is complicated. We want you to get the most benefit from your MCUL Trust medical coverages. These weekly tips are designed to help you better understand your benefits and save money when possible. They also highlight our Trust business partners and offer ideas to help you enhance your wellness. We've done that to date with the following topics.

- [Engage and Win.](#)
- [Use In Network Providers and Facilities.](#)
- [Why are Covered Charges important.](#)
- [Primary Care Physicians, why are they so important?](#)
- [Importance of Routine Well Care.](#)

Revisit these topics this week. Next week we'll be focusing on one of our great Trust business partners who offers remote second opinions. You'll find out how they've helped their patients, and how they can serve you.

That's your MCUL Trust Tip for the week; Look for another helpful Trust Tip next week.

HAVE A SAFE, HAPPY, AND FUN LABOR DAY HOLIDAY WEEKEND!

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, make sure to tell 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.

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

[Unsubscribe beth@mcun.coop](mailto:beth@mcun.coop)

[Constant Contact Data Notice](#)

Sent by mara@mcun.coop