

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

This week we are highlighting [VezaHealth](#), one of the Trust's valued business partners. Their goal is to help patients before a catastrophic medical event happens or a medical situation worsens.

Health care is complicated. VezaHealth nurses understand the health care system and work to educate members so they can advocate for themselves when making healthcare decisions. They've seen patients who have spent time, energy, and money on health care but aren't feeling better. They've also seen patients who have been misdiagnosed, undiagnosed, received a surgery they didn't need, or worse, a surgery that didn't help them. The MCUL Trust wants to prevent our members from experiencing these types of situations, so we offer VezaHealth services, at no cost to our members.

### VezaHealth's Services

- confidential nursing support, education, and advocacy
- remote second opinions from respected doctors
- health care price estimates and care navigation
- medical records review

VezaHealth partners with respected and highly credentialed physicians from around the country, including specialties in rheumatology, endocrinology, orthopedics, neurosurgery, pediatrics, oncology, gastroenterology, family medicine, cardiology, and more. If a patient's condition requires a medical specialty they don't cover, VezaHealth will work to find and engage with a specialist who can provide the best service for that patient. [Learn more about the physicians VezaHealth partners with here.](#)

### How has VezaHealth helped patients in the past?

- A patient who had years of brain fog got a second opinion from a VezaHealth partner physician who discovered that the patient's thyroid medication wasn't optimized. After the medications were adjusted, the member's brain fog lifted within weeks.
- A family requested a VezaHealth partner physician to review and evaluate their dependent toddler's eye doctor records and diagnosis. VezaHealth then shared the findings with a pediatric eye surgeon at a top children's hospital, verifying the diagnosis and treatment plan. This coordination reassured the family that their toddler was getting the care they needed.
- VezaHealth assisted a patient with end-stage pancreatic cancer by coordinating travel to Johns Hopkins for surgery with one of the top five Whipple surgeons in the country. The patient is home and doing well.
- A patient with back pain was getting injections, taking medicine, and told that surgery was the only way to resolve the issue. A second opinion from VezaHealth revealed that the issue could actually self-resolve with time. The patient was relieved to know they didn't need back surgery.

[Erin Leibel](#) is the VezaHealth nurse dedicated to the MCUL Trust. If you'd like to learn more or talk through a health or medical situation to see how VezaHealth might help you, don't hesitate to reach out to Erin at [\(262\) 227-2475](tel:262-227-2475) or [erinl@vezahealth.com](mailto:erinl@vezahealth.com)! Erin might also reach out to you directly if she determines that you could benefit from VezaHealth services.

**That's your MCUL Trust Tip for the week; Look for another informative 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.](#)
- 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.

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