

Weekly Wellness

FROM THE MCUL Group Benefits Trust



MCUL Trust Tips

This week's tip is easy. It's flu season....have you gotten your shot?

Remember, the flu shot is the best way to help keep yourself, co-workers, family, friends, random acquaintances from spin class, and so on, protected from the flu this season. Good handwashing after being out in public places (and at all times, for that matter) is also a good prevention practice! [Find a flu shot near you.](#)

Per SCL Health (now Intermountain Health), the flu season usually starts in October and can last as long as May, so prevention is key. Learn when to get your flu shot and more [here.](#)

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

SPOTLIGHT ON YOUR BENEFITS-

- The last free biometric screenings for the year are wrapping up in Billings, Butte, Helena, and Great Falls at the end of the month. [Learn how to sign up.](#)
- Want to review your biometric screening with a professional? [Sign up for a time that works for you.](#)
- Want assistance navigating your care options and access to exceptional physicians? [Erin](#), with [VezaHealth](#) can help.
- Want assistance managing your chronic disease? [Take Control](#) will help.
- Having surgery and need to pre-certify? [Medical Rehabilitation Consultants](#) is 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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