

Weekly Wellness

FROM THE MCUL Group Benefits Trust



MCUL Trust Tips

This week's Trust Tip focuses on 2023 — WHATTTTT? Yes, 2023 is right around the corner, and your credit union has finalized your benefit options for next year. So this is the perfect time to begin pondering and planning for 2023 to be ready for [open enrollment](#) decisions.

Here are some things that you will want to consider:

- **What is Open enrollment (OE)?** OE is the time every year that all eligible employees can make changes to their medical, dental, vision, and voluntary life elections. The only other time coverage changes are allowed is when an employee experiences a "qualifying event" like a birth, death, marriage, divorce.
- **When is OE?** The MCUL Trust OE runs from Monday, November 28 to Friday, December 9.
- **How do I complete my elections?** During this two-week time period, most employees will log into the enrollment platform and make their 2023 benefit elections. However, if necessary, you will be able to set up an appointment with a licensed benefits expert on December 7, 8, and 9. Instructions to complete OE (online or with a benefits expert) will be forwarded to each credit union the morning of November 28.
- **I've had some life changes in 2022. Should I consider anything special?** If you've experienced life changes this past year (such as a birth, death, marriage, or divorce), be ready to update your beneficiaries during OE. If the Trust administers life insurance coverage for your credit union, you'll need to have the legal name, date of birth, social security number, address, and telephone number for each of your beneficiaries. You'll also want to update them for any benefits that your credit union provides that the Trust does not administer (such as some life insurances or 401k plans). If you have questions about this step, reach out to your HR team.
- **Anything else, I should know about?** For the most part, as we head into 2023, the MCUL Trust Medical Plan Documents will only be updated with compliance-related details. The annual deductibles and out-of-pocket maximums are remaining the same as 2022 coverages.
- **Any new benefits for 2023?** We do have a new medical benefit that starts in 2023 — routine foot care and prescription orthotics. As with regular benefits, you'll pay the usual deductible and/or coinsurance, as stated in your specific Plan Document. The coverage includes one pair per year of custom foot orthotics, including impression casting for orthotic appliances, padding, strapping and fabrication regardless of diagnosis.

That's your MCUL Trust Tip for the week, look for more open enrollment planning strategies in next week's Trust Tip.



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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