

Weekly Wellness

FROM THE MCUL Group Benefits Trust



MCUL Trust Tips


Tis the season, that many get hit with the cold, flu, and COVID-19. Sometimes these sicknesses can be difficult to identify due to the common symptoms. Go into the holiday season prepared to identify, prevent, and treat these common illnesses.

Check out the National Institute on Aging's helpful chart to identify symptoms.

Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu

 National Institute on Aging

Prevention is key, follow these tips

1. Stay up to date with the flu shot and coronavirus vaccinations and boosters.
2. Wash your hands thoroughly and frequently.
3. Avoid direct contact with your face after touching public surfaces.
4. Maintain healthy habits like good nutrition, getting plenty of sleep, staying hydrated, exercising regularly, and managing your stress.

Treatment

If you're unlucky and get one of these sicknesses and feel that you are not getting better with rest and fever-reducing medicines (such as Tylenol or Ibuprofen), reach out to your doctor or ask for a telemedicine visit through your [HealthJoy app!](#)

TAKE CONTROL'S 12 DAYS OF FITNESS

Don't forget, today is Day 6 of Take Control's 12 Days of Fitness where we all get a **STRESS BUSTING BREAK**. Have you signed up to join in this fun holiday challenge? If not, no time like the present as you have six more days to join in the fun!

SIGN UP TODAY

BONUS! Take Control and the MCUL Trust are upping the ante with a special fitness giveaway.....how do you win you ask? It's easy.

- Follow Take Control's instructions in their daily email to be added to their drawing.

- Send [Mara](#) an email on December 21st, subject line- Take Control's 12 Days of Fitness, and let her know which six exercises and/or tips you enjoyed the most. That's it, then your name will be added to the MCUL Trust drawing for the five special fitness giveaways!

Check out Take Control's [Holiday Gift Guide!](#)

That's your MCUL Trust Tip for the week. We'll be back with another tip next week.



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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