

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



## MCUL Trust Tips

Hopefully, the past several Trust Tips have helped you get ready for the Trust's Open Enrollment. Make sure you complete the process before this Friday, December 9. This week, let's shift focus to preparing for the holidays.

Take Control, one of our vendors, is celebrating the season with 12 Days of Fitness and offering everyone a daily **STRESS BUSTING BREAK**. From December 6-21, Take Control will email a video with the exercise move of the day along with some top holiday health tips to all participants. So, if you're feeling busy, overwhelmed, or stressed, grab a coworker or friend and join in this fun holiday challenge!

### **Sign up today!**

BONUS! Take Control is upping the ante with a special fitness giveaway.....and the MCUL Trust is getting in on the action and providing an additional five special fitness giveaways, too! Participants will get the details once the challenge is underway.

BONUS BONUS! 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.**

### SPOTLIGHT ON YOUR BENEFITS

- Want assistance navigating your care options and access to elite physicians? [Erin](#), with [VezaHealth](#) can help.
- Want assistance managing your chronic disease? [Take Control](#) can help.
- Having surgery and need to pre-certify? [Medical Rehabilitation Consultants](#) can help.

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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