MCUL Trust Tips from 2022 — Archive

The MCUL Trust Tips is a regular publication from Montana’s Credit Union’s- MCUL Group Benefits Trust.

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| **JULY 2022*** [July 20- Trust Tips, 3.0](https://www.mcun.coop/wp-content/uploads/2022/07/MCUL_Trust_Tips_3.0-July20_2022.pdf)
* [July 21- Trust Tips, Engage and Win](https://www.mcun.coop/wp-content/uploads/2022/07/MCUL_Trust_Tips_Engage_with_business_partners_and_Win-July21_2022.pdf)
* [July 28- Use In Network Providers and Facilities](https://www.mcun.coop/wp-content/uploads/2022/07/MCUL_Trust_Tips_Use_In-Network_Providers_and_Facilities-July28_2022.pdf)
 | **AUGUST 2022*** [August 4- Covered Charges](https://www.mcun.coop/wp-content/uploads/2022/08/MCUL_Trust_Tips_MCUL_Trust_Tips-Covered_Charges-August4_2022.pdf)
* [August 11-Engage and Win- ISWM Visiting 15 cities in the next month](https://www.mcun.coop/wp-content/uploads/2022/08/MCUL_Trust_Tips_Engage_with_business_partners_and_Win-August11_2022.pdf)
* [August 18- Primary Care Physicians, why are they so important?](https://www.mcun.coop/wp-content/uploads/2022/08/MCUL_Trust_Tips_Primary_Care_Providers-August18_2022-.pdf)
* [August 25- Importance of Routine Well Care](https://www.mcun.coop/wp-content/uploads/2022/08/MCUL_Trust_Tips_Importance_of_Routine_Well_Care-August25_2022-.pdf)
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| **SEPTEMBER 2022*** [September 1- Let’s review what we have learned so far!](https://www.mcun.coop/wp-content/uploads/2022/09/MCUL_Trust_Tips-Lets_review_what_we_have_learned_so_far-Sept1_2022-.pdf)
* [September 8- Vendor spotlight on VezaHealth!](https://www.mcun.coop/wp-content/uploads/2022/09/MCUL_Trust_Tips-Vendor_Highlight_VezaHealth-Sept8_2022.pdf)
* [September 15-Importance of Eye Exams!](https://www.mcun.coop/wp-content/uploads/2022/09/MCUL_Trust_Tips-Vendor_Importance_of_your_Eye_Exam-Sept15_2022.pdf)
* [September 30-Importance of Dental Exams!](https://www.mcun.coop/wp-content/uploads/2022/09/MCUL_Trust_Tips-Vendor_Importance_of_your_Dental_Exam-Sept30_2022.pdf)
 | **OCTOBER 2022*** [October 7- Importance of the Flu Shot!](https://www.mcun.coop/wp-content/uploads/2022/10/MCUL_Trust_Tips-Vendor_Importance_of_your_Flu_Shot-Oct7_2022.pdf)
* [October 14- Importance of Pre-Certification!](https://www.mcun.coop/wp-content/uploads/2022/10/MCUL_Trust_Tips-Vendor_Importance_of__Pre-Certification_Oct14_2022.pdf)
* [October 21- Vendor spotlight on Medical Rehabilitation Consultants!](https://www.mcun.coop/wp-content/uploads/2022/10/MCUL_Trust_Tips-Vendor_Highlight_Medical-Rehabilitation-Consultants_Oct21_2022.pdf)
* [October 28- Breast Cancer Awareness!](https://www.mcun.coop/wp-content/uploads/2022/10/MCUL_Trust_Tips-Vendor_Highlight_Breast_Cancer_Awareness_Month_Oct28_2022.pdf)
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| **NOVEMBER 2022*** [November 4- Prepare For Open Enrollment](https://www.mcun.coop/wp-content/uploads/2022/11/MCUL_Trust_Tips-Prepare_for_Open_Enrollment_Nov4_2022.pdf)
* [November 10- Important Health Coverage and Medical Terms!](https://www.mcun.coop/wp-content/uploads/2022/11/MCUL_Trust_Tips-Important_Health_Coverage_and_Medical_Terms_Nov10_2022.pdf)
* [November 15- How to Prepare for Open Enrollment](https://www.mcun.coop/wp-content/uploads/2022/11/MCUL_Trust_Tips-How_to_Prepare_for_OpenEnrollment_Nov15_2022.pdf)
* [November 22- How to Prepare for Open Enrollment, Last Steps!](https://www.mcun.coop/wp-content/uploads/2022/11/MCUL_Trust_Tips-How_to_Prepare_for_OpenEnrollment_LastSteps_Nov22_2022.pdf)
 | **DECEMBER 2022*** [December 5- Join Take Control’s 12 Days of Fitness](https://www.mcun.coop/wp-content/uploads/2022/12/MCUL_Trust_Tips-Vendor_Highlight_TakeControls_12_Days_of...._Dec5_2022.pdf)
* [December 13- Tis the Season to Prevent the Cold, Flu and COVID-19](https://www.mcun.coop/wp-content/uploads/2022/12/MCUL_Trust_Tips-Tis_The_Season_To_Prevent_the_Cold_Flu_COVID_Dec13_2022.pdf)
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If you have questions about the Trust, visit [our website](https://www.mcun.coop/members/health-benefit-trust/), email mara@mcun.coop or call Mara Rayner, MCU’s director of human resource benefits, at 406-324-7455.