

# Weekly Wellness

FROM THE MCUL Group Benefits Trust



Do you suffer from back, neck, or shoulder pain? You're not alone, one of the MCUL Trust's highest claim costs are related to spine and musculoskeletal disorders. Guess what? We have a business partner that can help!!

The Trust has contracted with HealthJoy's MSK (Musculoskeletal) program to help address these challenges: back, neck, shoulder, knee and hip pain. HealthJoy's MSK is a virtual exercise program in which the member is provided with a personal coach that guides users through a 12 week program to manage and reduce pain.

## How do I talk to a HealthJoy representative to find out more?

1. Check out this [flyer](#) to find out more.
2. Visit [msk.healthjoy.com/login](https://msk.healthjoy.com/login) to begin.
3. Learn more by joining their personal coach in [15 Minutes to a Healthier Back](#).

## SPOTLIGHT ON YOUR BENEFITS

- Are you ready to complete your 2023 FREE annual biometric screening? Find out about [upcoming screenings](#) (the tentative 2023 calendar has the most complete information).
- Want to review your biometric screening? [Register here for a call](#) with Take Control.
- Are you supposed to have surgery? Do you want a second opinion on a recent diagnosis or help navigating your care options? [Erin](#), with [VezaHealth](#) 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.

MCUL Group Benefits Trust | 406-324-7455 | [www.macun.coop/health-benefit-trust](http://www.macun.coop/health-benefit-trust)

Montana's Credit Unions | 101 N Rodney, Helena, MT 59601

[Unsubscribe {recipient's email}](#)

[Constant Contact Data Notice](#)

Sent by [mara@macun.coop](mailto:mara@macun.coop)