

Weekly Wellness

FROM THE MCUL Group Benefits Trust



Hi and Happy May! We're ramped up and ready to provide you with weekly MCUL Trust Tips for the rest of 2023! These tips will provide you with details that...

- **Highlight services** that the Trust's business partners offer our medically covered members at no out-of-pocket cost. These benefits can be invaluable, you just have to remember to use them!
- **Give you pointers** to enhance your wellness, and
- **Help you best use** your medical coverages with the Trust.

Also, we welcome your feedback on these tips and the Trust's services. Email any comments (whether good or bad) to mara@mcun.coop or dara-anderson@leavitt.com. They'll be read, heard, and appreciated.

MAY is Stroke Awareness Month

SPOT A STROKE™
F.A.S.T.

- F** **FACE** Drooping
- A** **ARM** Weakness
- S** **SPEECH** Difficulty
- T** **TIME** to Call 911

Learn more at stroke.org

What is a Stroke?

If blocked or ruptured blood vessels curtail the blood supply to a part of a person's brain, they have a stroke. When the brain doesn't get enough blood, brain cells die and the functions of the body controlled by that part of the brain stop working.

Are You at Risk?

The number one risk factor for a stroke is high blood pressure. Other risk factors include high blood cholesterol, diabetes, smoking, obesity, atrial fibrillation, your family history, and your personal health history including other heart disease and prior strokes.

I'm at Risk, What Can I Do?

The good news is that stroke risk factors can be controlled by your lifestyle ... and the Trust has a partner that can help. You can start by

1. Talking to your doctor about managing your high blood pressure, heart rate, and blood clot risk.
2. Contacting [Take Control](#), the Trust's health coaching team.

[Learn more at stroke.org](http://stroke.org)

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.mcun.coop/health-benefit-trust

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

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Sent by mara@mcun.coop