



If you wish to make changes to your benefits,  
please see your employer for an  
Enrollment/Change Form.

**All forms must be received by the Health  
Trust by December 15, 2022.**

**Changes will be effective January 1, 2023.**



Maine Municipal  
Employees  
Health Trust

If you have any questions, please  
contact the Health Trust Billing  
and Enrollment Department at  
1-800-452-8786, ext. 2585.