

# Wellness Programs and Resources

Live healthier with programs designed around you



**You can live healthier by taking advantage of Medical Mutual's wellness programs. Understand your health, identify risks for disease and make positive changes to improve your life.**

## Health Assessment

Get a picture of your overall health and identify your risk for certain chronic diseases by taking our Health Assessment.

- Receive an Individualized Profile Report with information about your risks and changes you can make.
- Find the Health Assessment on your My Health Plan homepage.

## Decision Support Tool

Learn more about a condition you are diagnosed with or a procedure you need with our Interactive Health Education tool.

- Watch and listen as you are guided through treatment and procedure options for a variety of topics.
- On My Health Plan, click Resources & Tools, then Interactive Health Education.

## QuitLine Program

Get help with QuitLine to give up the tobacco habit for good.

- Receive one-on-one coaching, a personalized quit plan, educational materials and a supply of nicotine replacement therapy (if you qualify).
- Call (866) 845-7702 or log in to My Health Plan and click Healthy Living, then Quit Smoking.

**Log in to My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member) to learn more.**



## Weight Watchers® Reimbursement Program

Be reimbursed up to \$150 per calendar year for participating in a Community or At Work Meeting series.

- Open to covered members ages 10 and older (dependents age 10 to 16 must meet Weight Watchers' specific program requirements to participate).
- Call (866) 204-2878 or log in to My Health Plan and click Healthy Living, then Weight Watchers.

## Health Resource Center

Increase your health knowledge using our Health Resource Center.

- Try our interactive tools and quizzes, searchable health encyclopedia, symptom checker tool and health decision tools.
- Log in to My Health Plan and click Resources & Tools, then Health Resource Center.

## Healthy Outlooks Newsletter

Read articles on current health issues, health plan information, and our health and wellness services.

- Sent twice each year by email.
- Log in to My Health Plan and click Healthy Living, then Healthy Outlooks.

## Fitness Discounts

Save money on memberships to local and national fitness clubs. Log in to My Health Plan and click Healthy Living, then Fitness.

## Member Discounts

Access discounts on health and wellness products and services. Log in to My Health Plan and click Healthy Living, then Discounts.

## Health Promotion Mailings

Receive materials specific to your health. Topics may include lifestyle issues, missed services and recommended preventive screenings.

**Please Note:** The material provided, including websites and links, is for your information only. It does not take the place your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan. Weight Watchers is a registered trademark of Weight Watchers International.