

# Member Wellness Programs

Helping you achieve better health





Prioritize

# Self-care

**Your wellness is a key part of your overall health. Taking care of your body and mind can help you prevent illness, reduce your risk of chronic conditions and live a happier and healthier life. At Medical Mutual, we want to help. That's why we offer a comprehensive wellness program that's filled with a variety of tools, information and challenges to put you on a path to a healthier you.**





To access the Medical Mutual wellness portal, log in to My Health Plan at

**MEDMUTUAL.COM/MEMBER**

and select Wellness Portal from the Healthy Living drop-down. From there, follow the instructions to log in to Bravo.

# Wellness Portal

The foundation of our program is an intuitive and user-friendly wellness portal. Built and maintained by Bravo Wellness (Bravo), a Medical Mutual company and national leader in wellness programs, the portal serves as the main entry point to support you through all stages of your health. You'll find an array of interactive resources and tools to help you make lifestyle changes and set and achieve health goals. It's also the gateway into many other health and wellness programs and services that we offer.

## Start with an online health assessment

If you are ready to get started, the online health assessment will help you choose where to focus your efforts. You'll answer a series of questions about your health history, exercise and nutrition habits, and your emotional well-being. Then you'll receive a personalized report of your results and recommendations as well as a physician summary you can share with your doctor.

## Courses and challenges

Online Health University courses empower you to make lasting behavior change and reduce current or future health risks. Topics include weight loss, exercise, healthy sleep habits and much more. Each confidential course is engaging and offers resources to help you maintain focus between sessions.

If you prefer a more structured activity, try one of the individual challenges. You can select from more than 40 challenges that last between two and four weeks. They can serve as a great way to engage in different aspects of your life including your purpose, finances, physical health, memory, peer relationships, work/life balance, nutrition and community. Each challenge includes instructions on what you'll need to do and shows you how to track your progress.

## Sync your wearable device

Some of the challenges you'll find on the wellness portal involve tracking steps, exercises or other activities. We make it simple and convenient to record your daily results by allowing you to sync an app or wearable device to the portal. Instructions on how to sync your device can be found on the wellness portal.

## Access to additional features

The wellness portal also includes articles and tips on health-related topics such as:

- Weight loss
- Healthy eating and recipes
- Stress reduction
- Smoking cessation
- Exercise and fitness

All of these resources are available at no cost to you through your Medical Mutual healthcare plan.

# Additional Programs and Discounts

**As a Medical Mutual member, you have access to these resources and discounts to help you meet your health and wellness goals.**

## QuitLine

Our QuitLine program can help you quit using tobacco products for good with one-on-one coaching, a personalized quit plan and educational materials. You can also receive a supply of nicotine replacement therapy at no charge. Call 1-866-845-7702 more information.

## WeightWatchers®

Medical Mutual members can enroll in a program at a discounted rate of nearly 50% off standard membership fees. Log in to My Health Plan at [MedMutual.com/Member](http://MedMutual.com/Member) to learn more.

## Fitness Discounts

Our partnership with Husk Wellness offers you discounts on gym memberships, home exercise equipment, on-demand fitness classes, nutrition programs and mental health services.

## Member Discounts

All Medical Mutual members have access to valuable discounts on a variety of products and services, including:

### **AmericanFitness.net**

Save 5% on exercise equipment, home gyms, exercise machines and weights.

### **Vitamix®**

Buy select machines at a discounted price.

### **YogaAccessories.com**

Get 15% off yoga apparel, mats and more.

**To learn more about all of these great programs and discounts, log in to My Health Plan at [MedMutual.com/Member](http://MedMutual.com/Member).**

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WeightWatchers is a registered trademark of WW International, Inc.

Vitamix is a registered trademark of Vitamix Corporation.



**MEDICAL MUTUAL®**

100 American Road  
Brooklyn, OH 44144-2322

MedMutual.com