

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.

Wellness Portal

Learn about a wide variety of health and wellness topics, enroll in your health plan's wellness program (if available) and receive reminders about needed care through our online Wellness Portal. Interactive tools, trackers, recipes, videos and links to resources are available to help you set and achieve personal health goals. You can learn how to maintain a healthy weight, quit tobacco, be more active, manage stress and eat healthier.

Access the Wellness Portal through My Health Plan. Click Healthy Living, then Wellness Portal.

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.

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.

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 1-866-845-7702 or log in to My Health Plan and click Healthy Living, then Quit Tobacco.

WeightWatchers® Program

Start or renew your WeightWatchers membership and save almost 50% off the standard rates. Log in to My Health Plan and click Healthy Living, then WeightWatchers for more information and how to enroll.

Fitness Discounts

Save money on gym memberships, home exercise equipment, nutrition programs and more. 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.

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

Please Note: The material provided, including websites and links, is for your information only. It does not take the place of 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.

WeightWatchers is a registered trademark of WW International, Inc.