

# 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 and trackers are available to help you set and achieve wellness goals in one or more of the following areas: maintaining a healthy weight, quitting tobacco, being active, managing stress and eating 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.

## 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.

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



### **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.

### **Weight Watchers® Program**

Start or renew your Weight Watchers membership and save almost 50 percent off the standard rates. These discounts apply to Community Meetings, Weight Watchers Online and Weight Watchers for Diabetes programs.

Log in to My Health Plan and click Healthy Living, then Weight Watchers for more information and how to enroll.

### **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.

### **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.

### **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.