**Accessing Medical Mutual Programs and Discounts**



Website: medmutual.com.   
Log in with your Identification Number on your Insurance Card.

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| Health Assessment | Go to My Profile (top right)  Then click on My Health Assessment (under Health Information)  Follow the prompts to fill out the assessment and learn your wellness score. |
| Health Coach | Go to Healthy Living  Select Disease Management Program or Maternity Management Program  If you meet the eligibility requirements, enroll in the program.  A coach will be assigned |
| Weight Management Discount | Go to Healthy Living  Select Weight Watchers (under Your Health)  Read the criteria for reimbursement  If you qualify, fill out the Official Reimbursement Form |
| Fitness Discount | Go to Healthy Living  Select Fitness  Review details about Curves and GlobalFit.  If interested in Curves, take the voucher to a Curves location  If interested in GlobalFit, take a tour and a trial workout at a participating club by reviewing GlobalFit website. |
| Tobacco Cessation | Go to Healthy Living  Select Quit Smoking  Review the QuitLine details and call 866-845-7702 to start  *Medical Mutual participants who want to access a free supply of nicotine replacement therapy must be medically eligible. In addition, they must inform the QuitLine coach that they are a Medical Mutual member.* |
| Disease Management | Go to Healthy Living  Select Disease Management Program  If you meet the eligibility requirements, you may enroll in the program.  *NOTE: a Nurse from Medical Mutual will contact members who present with a covered condition. This outreach is designed to proactively engage members to better control the disease state.* |
| Other | Go to Healthy Living  Find member discounts, health awareness articles and the “Healthy Outlook” newsletter |