

Create Your Weight-loss Plan for Success

- Stay hydrated. Choose water instead of drinks high in sugar and caffeine.
- Set goals. Make sure goals are measurable and then reward yourself when you reach them.
- Get active. Participate in some form of physical activity for at least 20 to 30 minutes a day.
- Don't overdo it. Check with your doctor before beginning an exercise program and then start slowly.
- Eat healthy. Practice portion control and eat five servings of fruits and vegetables a day.

A slimmer, healthier you is waiting! Visit MedMutual.com/Member or call us today at (800) 251-2583.

Medical Mutual

2060 East Ninth Street
Cleveland, OH 44115-1355

MedMutual.com

These recommendations are informational only. They do not take the place of professional medical advice, diagnosis or treatment. Eligibility and coverage depend on your specific benefit plan. This brochure is considered marketing material and provides information about purchasing or using the service or product. We have no financial ownership or incentive arrangement for the use of this product(s) or service(s). Programs are subject to change without notice.

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Weight Watchers®

Take a Step toward a New You



 MEDICAL MUTUAL®



Join to Save almost 50 Percent

If you want to make a change in your life and achieve a weight management goal, Medical Mutual wants to help. We teamed up with Weight Watchers® so you can get on the right path to better health.

As a Medical Mutual member, you can start or renew your Weight Watchers membership today and save almost 50 percent off the regular cost.

Weight Watchers

Membership Options

There are three programs to choose from:

Community Meetings (Monthly Pass)

These meetings take place in your community. To find a meeting near you, visit WeightWatchers.com.

Online Program

This is the same as Community Meetings, but it's done completely online for your convenience.

Weight Watchers for Diabetes Program

This program is available to members diagnosed with Type 2 diabetes. It's provided through the standard Community Meetings membership and offers the full support of a certified diabetes educator who is also a registered dietitian.

Program Eligibility and Enrollment

You must be a Medical Mutual member to participate in the reduced fee Weight Watchers program. Contact Medical Mutual by email at WeightWatchers@MedMutual.com or by phone at (800) 251-2583, any time, seven days a week, and leave a detailed message that includes the following information:

- Your first and last name
- Year of birth
- Medical Mutual ID number (found on your ID card)
- Street address, city, state and ZIP code
- Email address
- Phone number

Once we have this information, we will respond within three business days to complete your enrollment.

Covered dependents ages 13 to 17 are not eligible for upfront discounts but can receive reimbursement after completion of a Community Meetings (Monthly Pass) series at standard monthly membership rates. Members must complete and submit a Reimbursement Form to Medical Mutual to be reimbursed up to \$150 per calendar year. For more information, visit MedMutual.com/Member and click Healthy Living, then Weight Watchers.

The Weight Watchers Program is separate from the At Work Meetings Reimbursement Program.

Living Healthier
Starts Here

There are many great benefits to living at a healthy weight. Along with feeling better and gaining self-confidence, studies show you can reduce your risk of heart disease, diabetes and certain types of cancer.