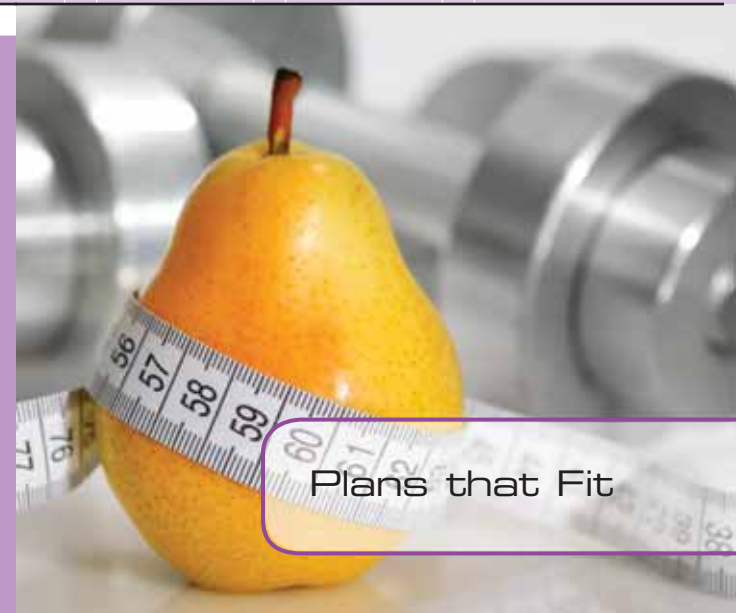




Tools to Help You Get Fit

FITNESS DISCOUNTS



Plans that Fit

Tips for Success

- Set realistic, measurable goals.
- Keep an exercise log to track your progress.
- Change your exercise routine to prevent boredom.
- Reward yourself regularly for your progress.
- Schedule your exercise time like you do all other appointments.
- Have more fun by working out with a friend.

Choosing a Fitness Club

- Is the club conveniently located?
- Is the club open when you want to use it?
- Does the club have the specific programs and equipment you want most?
- Does the club offer a variety of other programs to keep you interested?
- If you need childcare, does the club offer it?
- Does the club provide introductory training for first-time members?

Fitness Discounts

Medical Mutual of Ohio
2060 East Ninth Street
Cleveland, OH 44115
Visit MedMutual.com.

Commit to an active, healthy lifestyle

Whether you are joining a gym for the first time or have had a long-term commitment to fitness, Medical Mutual of Ohio® supports you on your active, healthy lifestyle. To help save you money while you are getting fit, our SuperWell Fitness Discount Program gives you access to the GlobalFit network.

GlobalFit offers Medical Mutual® members*:

- Access to more than 10,000 fitness clubs nationwide, including Bally's, Curves, World Gym and Ladies Workout Express
- Low rates and flexible membership options
- Membership transfer to any participating fitness club
- Free trial workout (available at most fitness clubs)

Plus, enjoy exclusive discounts on:

- Home workout videos and equipment
- Online diet programs
- Nutritional supplements



Joining is Easy

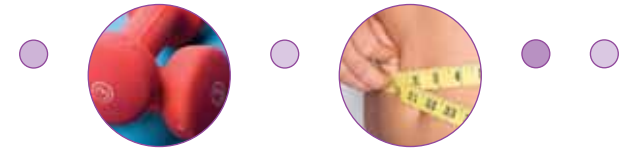
1. Contact GlobalFit
 - **Online:** Log on to *My Health Plan* on MedMutual.com; under *Health & Wellness* select *Fitness* and then click *GlobalFit*.
 - **Phone:** Call GlobalFit at 800/294-1500 and speak with a Customer Service Representative.
2. Choose the fitness club that is right for you. GlobalFit's Web site features information on locations, hours and amenities.
3. Select a convenient billing option.** Use a bank or major credit card account to set up monthly billing. A one-time affiliation fee will be charged.

Get a Free Guest Pass

You can take advantage of a free tour and trial workout† at a participating fitness club.

Get your free Guest Pass by logging on to *My Health Plan* on MedMutual.com; under *Health & Wellness* select *Fitness* and then click *GlobalFit*. Or call 800/294-1500.

GlobalFit is a discount program, not an insurance benefit.



Consult Your Physician

Before starting an exercise program, a complete physical is critical if you:

- Smoke.
- Are age 40 or older.
- Have high blood pressure or a history of heart disease.
- Are diabetic.
- Are more than 20 pounds overweight.

* These special rates are available only through GlobalFit and are not offered through the fitness club directly or available to the general public. This offer is made possible only through your employer, membership, health plan or group affiliation. Participation is for new memberships only – memberships are not available to clubs in which you are currently a member. Participation may not be available at all clubs.

** Savings or checking accounts can be used for enrollment only by calling GlobalFit. Online enrollment requires a major credit card.

† Free trial workout available at most fitness clubs.

To get started toward your goal of being slimmer, healthier and happier, call toll-free:

800/294-1500

Please Note: The information provided, including the Web sites and any links, is for your knowledge only. It does not take the place of, nor is intended to be, a substitute for professional medical advice, diagnosis or treatment from your doctor. The information does not establish or imply coverage for any particular treatment or service. Any services recommended or provided by your doctor may not be covered under the terms of your benefit plan. Eligibility and coverage are subject to the specific terms and conditions of your benefit plan.