

Member Resources to Manage Your Benefits

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- **Visit** <https://www.medmutual.com/HealthPlanResourcesNonRx>
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	<u>Make the Most of Your Membership Brochure</u>	Discover discounts, wellness tools, and programs that help you stay healthy and save money.
	<u>Finding Care and Estimating Costs</u>	Compare doctors, facilities, and costs to make informed choices for your care.
	<u>Member Guide FAQ</u>	A comprehensive guide to understanding your benefits, finding care, and making smart health decisions.
	<u>Mobile App Flyer</u>	Manage your health plan on the go, track claims, view ID cards, estimate costs, and more.
	<u>Why We Might Call Flyer</u>	Learn why Medical Mutual may contact you, whether to support chronic condition management, assist with case management or review medications, and how these calls help you get the most from your plan.
	<u>How to Read Your Explanation of Benefits</u>	Understand your EOB, what's covered, what you owe, and why it matters.

Clinical Resources to Support Your Health

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	<u>MedMutual Total Health™</u>	Personalized support and wellness tools that help you stay healthy, manage conditions, and get the care you need at every stage of life.
	<u>Preventive Care Services: A Guide for Employees and Members</u>	Stay on top of your health with recommended checkups, screenings, and vaccines, most covered at no cost when you use in-network providers.
	<u>Heart Health: Take Action to Lower Your Risks</u>	Learn simple ways to improve cholesterol and blood pressure numbers. Plan resources to lower your risk for heart disease, heart attack and stroke.
	<u>Your Diabetes Resource Guide</u>	A practical guide with the tests to schedule, everyday nutrition and activity tips, and self care checklists to protect your eyes, heart, kidneys, and overall health.
	<u>Sword: Digital Physical Therapy</u>	Work with a licensed PT from home using a provided kit and tablet for real time feedback, available at no cost for eligible members through Chronic Condition Management.
	<u>MedMutual Maternity App</u>	Your pregnancy companion with weekly updates, symptom lookup, risk screening and handy tools such as calculators, trackers and tips.
	<u>Telehealth Services</u>	Connect with a healthcare provider from home using live video visits for common illnesses, follow up care, and behavioral health support, with coverage based on your plan.
	<u>24/7 Nurse Line</u>	Get guidance anytime by speaking with a licensed nurse who can help assess symptoms, explain care options, and recommend next steps when a doctor's office is closed.