

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](https://www.medmutual.com/Member) or call us today at 1-800-251-2583.



MEDICAL MUTUAL®

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[MedMutual.com](https://www.MedMutual.com)

WW®–Wellness that Works®

Take a Step toward a New You



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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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.

Join to Save almost 50 Percent

If you want to make a change in your life and work toward better health, Medical Mutual wants to help. We teamed up with WW® (formerly Weight Watchers) so you can get on the right path.

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

Membership Options

Digital

This online program offers recipes, real-time support on a month-to-month basis.

Digital + Studio

Formerly Meetings, this program allows you to attend weekly in-person Wellness Workshops while giving you all the benefits of Digital. These workshops take place in your community. To find a studio near you, visit WeightWatchers.com.

WW for Diabetes Program

This program is available to members diagnosed with Type 2 diabetes. It's provided through the standard Digital + Studio 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 WW program. Contact Medical Mutual by email at WeightWatchers@MedMutual.com or by phone at 1-800-251-2583, any time, seven days a week, and leave a detailed message that includes the following information:

- Your first and last name
- Date 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.

The reduced fee WW program is separate from Workshops in the Workplace Reimbursement Program.