



MEDICAL MUTUAL®

Are you up for the challenge?

Individual Challenges

Start thinking of fresh ways to engage in different areas of focus including purpose, finances, physical health, memory, peer relationships, work/life balance, nutrition and community. The Medical Mutual Wellness portal offers over 50 individual challenges! Participate and build your best self.

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The wellness challenges keep me on track to eat better, exercise more and make better decisions regarding my health.

—LINDSEY D.,
WELLNESS PARTICIPANT

Next Steps:

- Visit the Resources page of the Medical Mutual Wellness portal.
- Look through available challenges and participate in the ones that interest you most.
- Experience the benefits of truly engaging in your health.



Portal: Log in to www.medmutual.com/member and select **Wellness Portal** from the Healthy Living drop-down.

Toll-Free: 1-855-553-1006