



MEDICAL MUTUAL®

Ready for lasting change?

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In the LivingWell course, I have a whole new relationship with food. Dieting is now a thing of the past!

– DEB B., WELLNESS PARTICIPANT

Online Health University

These courses empower you to make lasting behavior change and reduce current or future health risks. Each course is engaging and confidential and offers resources to help you maintain focus between sessions.

MAKE LASTING BEHAVIOR CHANGE

LivingLean
Nutrition

LivingEasy
Stress

LivingSmart
Alcohol

LivingFree
Tobacco

LivingFit
Fitness

LivingWellRested
Sleep

LivingWell
Diabetes



Visit the Medical Mutual Wellness portal to learn more about these courses.

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

Toll-Free: 1-855-553-1006