



MEDICAL MUTUAL®

Make Your Health a Priority

Your Medical Mutual coverage includes wellness tools and resources for you to use free of cost. To access the Medical Mutual Wellness portal, log in to www.medmutual.com/member and select Wellness Portal from the Healthy Living drop-down.

Register for the program and then start exploring the resources!

YOUR MEDICAL MUTUAL WELLNESS RESOURCES



Health Assessment

The Wellsource lifestyle health assessment has an intuitive and interactive design. After completion, you'll immediately receive a personal report as well as a physician summary, perfect for sharing with your doctor.



Preventive Care

Complete any preventive care services that your doctor recommends for you, such as an annual physical, mammogram, gynecological exam, colonoscopy, or flu shot.



Tobacco-Free Resources

Since 1985, the Medical Mutual Tobacco Cessation Program has helped over two million tobacco users quit the habit for good. Talk with your Quit Coach® as little or as much as you need. Call 1-866-845-7702 to get started.



Online Courses

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



Individual Challenges

Start thinking of new ways to engage in different aspects of your life including your purpose, finances, physical health, memory, peer relationships, work/life balance, nutrition and community. Participate in the challenges and build your best self.

Questions? Contact Medical Mutual Wellness at 1-855-553-1006 or WellnessSupport@medmutual.com