

MedMutual WELL™

Good Health is Good Business





Take Care of Your Employees

Your employees are your greatest asset, so it's important to support their health and well-being. By helping them achieve their personal health goals, you unlock numerous benefits. Integrating a corporate wellness program can be a key component of your organization's success.

Medical Mutual partners with organizations to customize wellness programs that meet diverse workplace needs. The MedMutual WELL™ program, powered by Vitality®, offers comprehensive wellness solutions that promote proactive health and well-being.

MedMutual WELL empowers your employees and your bottom line through a tailored wellness strategy that:



**Increases
employee
engagement**



**Contains costs by
encouraging health
risk awareness and
improving overall health**



**Provides
personal
recommendations
for every participant**

The MedMutual WELL Essential tier is provided to all Medical Mutual members at **no additional cost**. For groups 51+ in size, the program also includes two buy-up options for a higher level of features and service. When you purchase the Plus or Advanced program, you gain access to extra features and capabilities that enhance your organization's ability to improve population health.

MedMutual WELL Essential

Getting employees started on their wellness journey

To activate members from the start, we help them quickly identify their health risks and offer easy ways to start improving their health. As members find their focus and build confidence, we keep them engaged with personalized activities and guidance.

With MedMutual WELL Essential, all members have access to the following features:



Wellness Portal

Our wellness portal is the gateway to MedMutual WELL's health and wellness programs, resources and tools. Members can also access their wellness program via the MedMutual WELL mobile app.



Assessments

Member responses to our NCQA-certified health assessment form the foundation of their program experience. Additional micro-assessments help them further explore potential health risks.



Health Profile

Each member's health profile is populated according to their health risks, providing a clear view of where they're doing well and what needs improvement.



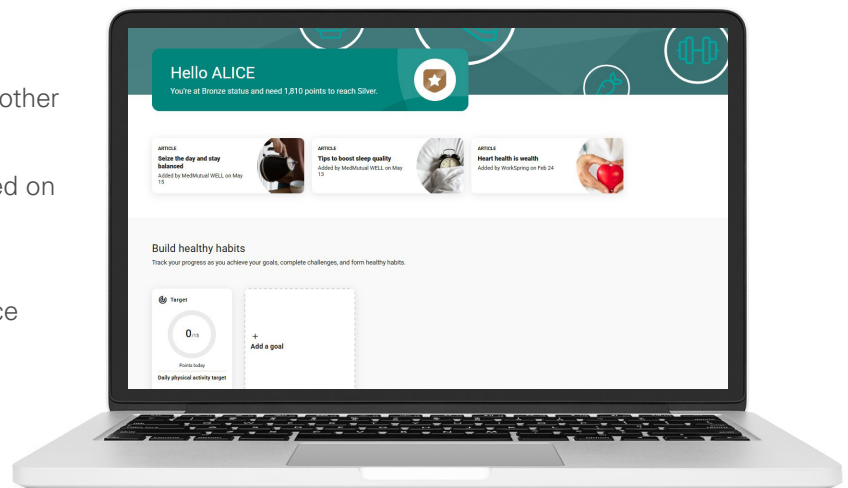
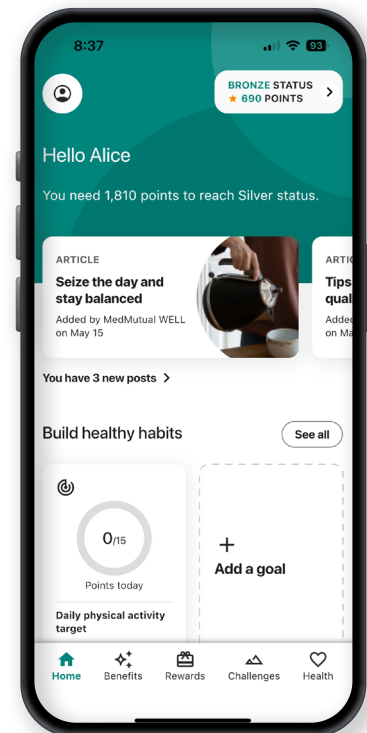
Health Age

Members receive an individualized "health age," which represents an adjustment to their chronological age reflecting their lifestyle behaviors and biometric outcomes.



Additional Program Features

- Easy integration with wearable fitness devices to track physical activity
- Personalized articles, videos, goals, and other resources grouped by health topic
- Preventive care recommendations based on a member's age and gender
- Educational tools and services, plus targeted emails, education for workplace and on-site health fairs, our Healthy Outlooks newsletter, and more

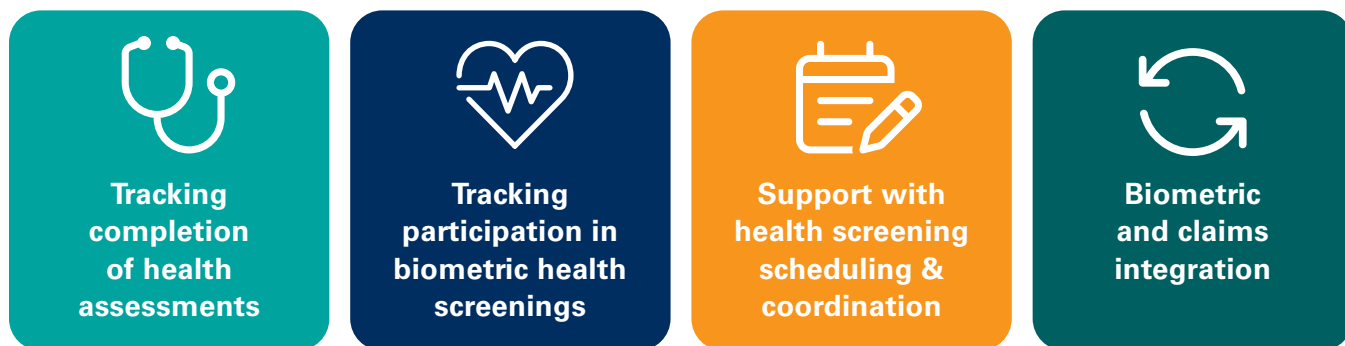


MedMutual WELL Plus

Incentivizing participation in healthy activities

When you upgrade to the *Plus* program, you get everything in MedMutual WELL Essential — with the ability to incorporate incentives for employees to complete health assessments and screenings into your wellness strategy.

Extra features included with the Plus program:

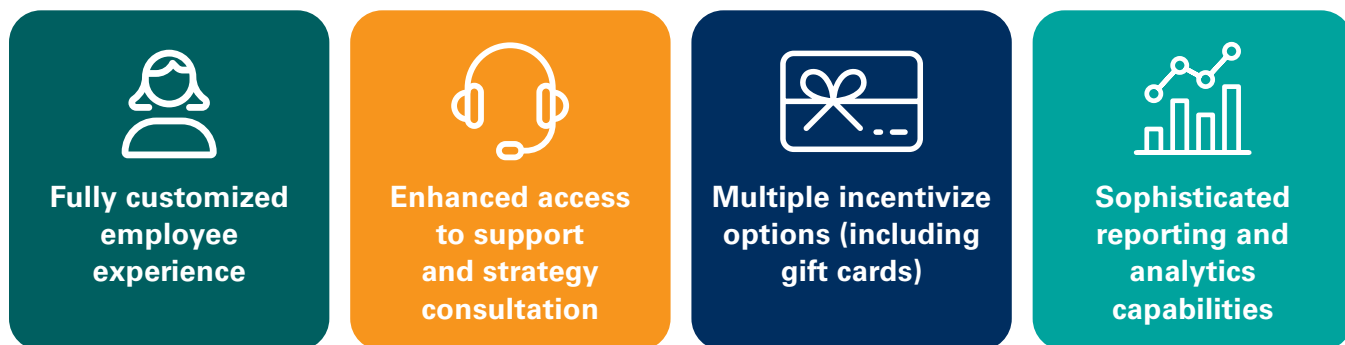


MedMutual WELL Advanced

Custom solutions to help employees achieve healthy outcomes

With the Advanced option, you get everything included with the Plus program — along with the ability to customize everything from incentives and challenges to how you interact with employees and measure success.

Extra features included with the Advanced program include:



The MedMutual WELL Plus and Advanced tiers are only available to groups 51+ in size.

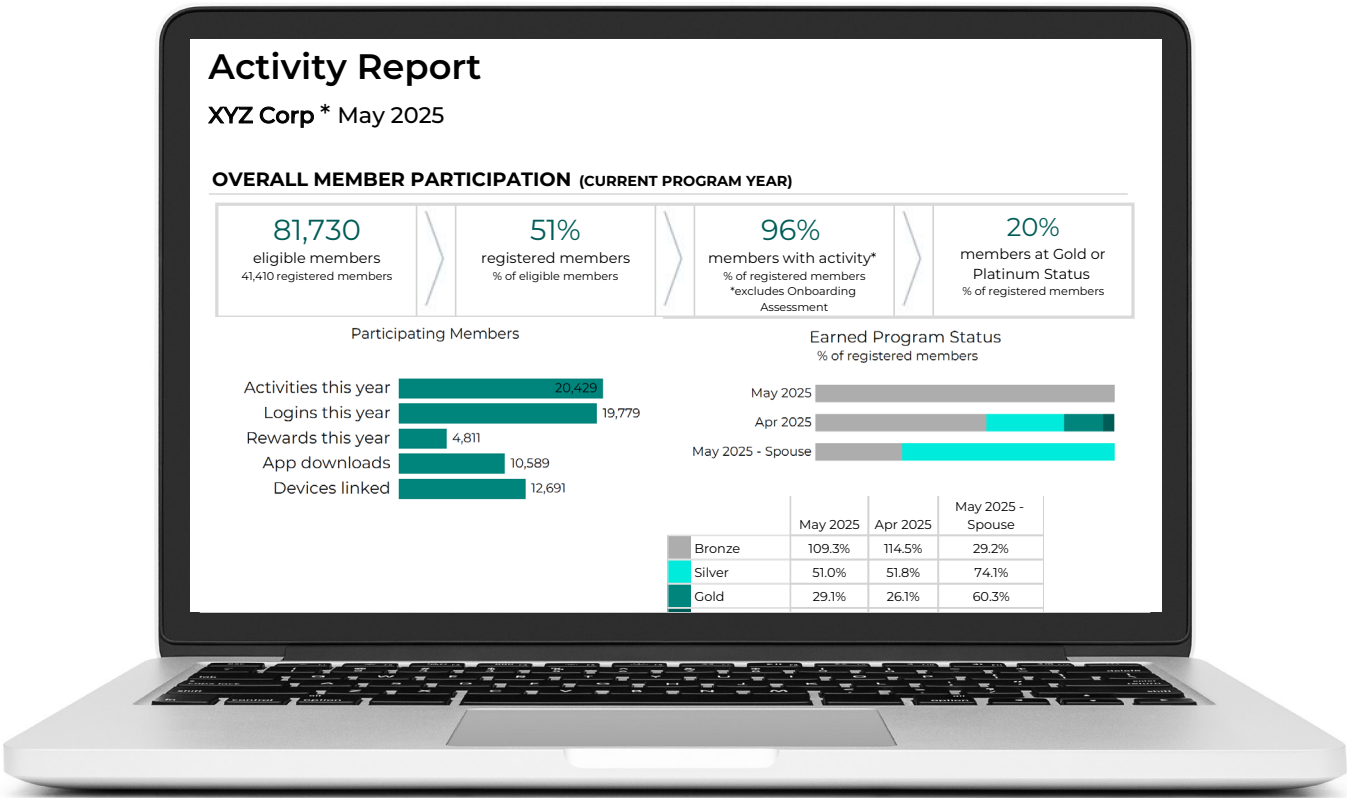
Enhanced Reporting

Available when you purchase the Advanced program

The Advanced program gives you access to a wide range of reporting capabilities to help you fully understand your program’s success drivers. You can refine your program strategy and improve engagement through targeted reporting and risk data for defined segments in your workforce.

Reporting features available with the Advanced program include:

- Enhanced access to support and strategy consultation
- Monthly engagement reports on all program activities completed
- Incentive results showing which employees earned incentives and how much they earned
- A comprehensive annual aggregate report detailing your program’s performance
- Summaries of participation and outcomes
- Demographics of participants





Additional Programs and Discounts

Available to all Medical Mutual members



Tobacco Cessation

Tobacco users can quit for good with help from Pivot. This personalized app replacement therapy at no charge. Learn more at Pivot.co/MedMutual.



Weight Management and Nutrition

Medical Mutual members can enroll in a WeightWatchers program and take advantage of a membership discount.



Fitness Discounts

Medical Mutual members enjoy reduced enrollment and/or monthly fees at participating local and national fitness clubs.



Member Discounts

All Medical Mutual members have access to valuable discounts on a variety of products and services, including fitness and health products, hearing aids, yoga accessories and more.

Add-on Programs

Available for an additional fee

On-site Health Screenings/Flu Shots

We work with credentialed vendors to offer workplace health screenings. Health professionals take participants' measurements and then review individual results and recommend lifestyle changes. We also partner with an Ohio-based retail pharmacy for flu shot clinics.

On-site Mammography Screenings

Mammograms are the best way to detect breast cancer early, when it is most treatable. To help make screenings convenient for employees, we partner with providers around Ohio to offer mobile mammography units in one or more of our provider networks.

Additional Services

Complement your wellness offering

MedMutual Total Health™

Our comprehensive clinical care program integrates advanced services to support our members from birth to end-of-life. When paired with MedMutual WELL, it becomes a powerful strategy to support members across the full care continuum, improve population health, and control healthcare costs.

ESI Employee Assistance Group

Our employee assistance subsidiary offers access to professional, confidential, short-term counseling services. As a Medical Mutual customer, you can purchase these services to help your employees and their families with a variety of issues affecting their emotional well-being.



Examples of services include:

- Virtual physical therapy
- Maternity support
- Digital and telephonic chronic condition coaching
- Advanced remote monitoring
- Care navigation



Examples of services include:

- In-the-moment counseling/support
- Self-help resources
- Peak performance coaching
- Training and personal development
- Work/life assistance
- Talkspace Go app



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