



Medical Mutual wants to make sure you understand your coverage and have access to helpful resources and programs that are included in your health plan. Here are a few reasons we might call:

To Help You Manage a Chronic Condition

If you or a covered dependent is managing asthma, congestive heart failure, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), diabetes, hypertension, musculoskeletal pain or pelvic health issues, our nurses may call to offer education and support. In some cases, they may also offer free supplies like diabetes test strips.

To Assist You with Case Management

If you have recently been hospitalized or diagnosed with a complex medical condition, our team of registered nurses, case managers and social workers may reach out to offer support or to share information about available community resources.

To Help You Save Money

We might call to make you aware of valuable programs and discounts, including:

Tobacco Cessation Support

Let us help you kick the habit for good.
Visit Pivot.co/MedMutual to learn more.

Health and Fitness Discounts

Save on gym memberships, nutrition programs, home exercise equipment and more.

WeightWatchers®

Enjoy almost 50% off when you start a journey to a healthier you (1-800-251-2583).

We're here to help.

While we may reach out to you from time to time, you don't have to wait for us to call.

Customer Care | Call the number on your member ID card

Our Customer Care Specialists are available:

Monday–Thursday: 7:30 a.m. to 7:30 p.m.

Friday: 7:30 a.m. to 6 p.m.

Saturday: 9 a.m. to 1 p.m.

24-Hour Nurse Line | 1-888-912-0636

Trained nurses are available 24/7 to answer your health concerns or help you choose the best place to get care when you need it.

Visit Us Online | MedMutual.com/Member

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