

Create Your Weight-Loss Plan for Success

- Drink more water. Choose water instead of drinks with sugar or caffeine.
- Get active. Be active for at least 20 to 30 minutes every day.
- Start slow with exercise programs. Do not overdo it. Check with your doctor before you start a program.
- Make goals. Set goals you can measure and achieve. Reward yourself when you reach them.
- Eat healthy. Practice portion control. Eat five servings of fruits and vegetables each day.

Start working toward a happy, healthy, slimmer you!
Call (866) 204-2878 today.

These recommendations are informational only. They do not take the place of professional medical advice, diagnosis or treatment. Eligibility and coverage depend on your specific benefit plan. This brochure is considered marketing material and provides information about purchasing or using the service or product. We have no financial ownership or incentive arrangement for the use of this product(s) or service(s). Programs are subject to change without notice.

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Medical Mutual

2060 East Ninth Street
Cleveland, OH 44115-1355

MedMutual.com

Weight Watchers®

Take a step toward better health. Make a plan to manage your weight.

A HEALTH AND WELLNESS PROGRAM



 MEDICAL MUTUAL®



Reach Your Goals

Get Rewarded for Living Healthy

Medical Mutual wants you to achieve your weight management goals. We teamed up with Weight Watchers to help.

Being at a healthy weight can reduce your risk of:

- Heart disease
- Diabetes
- Certain types of cancer

Here's an extra reason to get started. Enroll in Weight Watchers, complete a series and get money back.

We will reimburse you up to \$150 of your enrollment fees each year.

Weight Watchers Series Options

Enroll

There are three options:

- **Community Meetings (Monthly Pass)**

Call (866) 204-2878 to enroll. To find a meeting near you, go to WeightWatchers.com. You can purchase a monthly pass or enroll in a three-month series.

- **Online Program**

This series is done all online. Call (866) 204-2878 for best pricing and to enroll.

- **At Work Meetings**

Find out if your workplace has At Work Meetings. If it does not, you might be able to start one. At least 15 members are needed. Call (800) 828-9675 to learn more.

Weight Watchers Series Options

Attend

You must attend a certain number of meetings to be reimbursed.

- **Community Meetings (Monthly Pass) and Online**

Complete all but two meetings or weight logs of a three-month series. Complete all but three meetings or weight logs of a four-month series.

- **At Work Meetings**

Attend at least 10 meetings in a 12-week series or 14 meetings in a 17-week series.

Submit

Within 90 days of the series end, you must:

- Complete and submit the Weight Watchers Reimbursement Form (found on My Health Plan).
- Submit proof of payment.

You must follow all program rules to be reimbursed. You can be reimbursed up to \$150 each calendar year.

Visit My Health Plan for more details and program rules. Log in at MedMutual.com/member and click Healthy Living, then Weight Watchers.