

Create Your Weight-loss Plan for Success

① **Stay hydrated.**

Choose water instead of drinks high in sugar and caffeine.

② **Set goals.**

Make sure goals are measurable and then reward yourself when you reach them.

③ **Get active.**

Participate in some form of physical activity for at least 20 to 30 minutes a day.

④ **Don't overdo it.**

Check with your doctor before beginning an exercise program and then start slowly.

⑤ **Eat healthy.**

Practice portion control and eat five servings of fruits and vegetables a day.

A slimmer, healthier you is waiting! Visit [MedMutual.com/Member](https://www.medmutual.com/Member) or call us today at 1-800-251-2583.

 **MEDICAL MUTUAL®**
100 American Road
Brooklyn, OH 44144-2322
[MedMutual.com](https://www.MedMutual.com)



Take a Step Toward a New You



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.

WW Logo, Weight Watchers and Points are the trademarks of WW International Inc.

© 2023 Medical Mutual of Ohio
Z6646-CMT R4.23

 **MEDICAL MUTUAL®**

Living Healthier Starts Here

There are many great benefits to living at a healthy weight. Along with feeling better and gaining self-confidence, studies show you can reduce your risk of heart disease, diabetes and certain types of cancer.



Join to Save Almost 50% Off

If you want to make a change in your life and work toward better health, Medical Mutual wants to help. We teamed up with WeightWatchers so you can get on the right path.

As a Medical Mutual member, you can start or renew your WeightWatchers membership today and save almost 50% off the regular cost.

Programs

Core

Great if you want: a self-guided experience.

Get it with: the innovative, award-winning WeightWatchers app to put weight loss at your fingertips.

Premium

Great if you want: face-to-face accountability.

Get it with: Virtual or in-person workshops with your WeightWatchers Coach and your group for ultimate convenience and weight-loss success. It also uses the WeightWatchers app to keep you on track between workshops.

Program Eligibility and Enrollment

You must be a Medical Mutual member to participate in the reduced fee WeightWatchers program. Contact Medical Mutual by email at WeightWatchers@MedMutual.com or by phone at 1-800-251-2583, any time, seven days a week, and leave a detailed message that includes the following:

- Your first and last name
- Date of birth
- Medical Mutual ID number (found on your ID card)
- Email address
- Phone number

Once we have this information, we will respond within three business days to complete your enrollment.