



Weight Loss that Works.
Wellness that Works.®

Join Today for
Healthy Savings

The benefits of living a healthier life are significant. You can feel better, gain self-confidence and reduce your risk of heart disease, diabetes and certain types of cancer. Plus, as a Medical Mutual member, you'll receive a discount of almost 50% off your WW® (Weight Watchers) membership!

Digital

This self-guided program works with WW's innovative, award-winning app to put weight loss at your fingertips.

Unlimited Workshops + Digital

This program also includes in-person and virtual weight loss support from your WW Coach and group whenever you need it. Visit WW.com to find a workshop near you.

Start or renew your WW membership today. Log in to My Health Plan® at MedMutual.com/Member. From the Healthy Living tab, choose WW. Or call 1-800-251-2583.



MEDICAL MUTUAL®

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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