

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.

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Take a Step Toward a New You



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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.