



We like to keep in touch

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 Discuss a Prescribed Medication

If you have been prescribed a medication that is expensive, could interact with another medication or is not working as it should, our pharmacists may call to check in and discuss alternatives.

To Help You Save Money

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

SmartChoice

Find lower cost providers for certain services, like imaging and scans, with this concierge-style service.

QuitLine

Kick the tobacco habit for good (1-866-845-7702).

WeightWatchers®

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

Health and Fitness Discounts

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

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](https://www.medmutual.com/Member)

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