



WW®—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 about 50 percent off your WW (formerly Weight Watchers) membership!

Digital

This online program offers recipes and real-time support on a month-to-month basis.

Digital + Studio

Formerly Meetings, this program allows you to attend weekly in-person Wellness Workshops while giving you all the benefits of Digital. Find a studio near you by visiting WW.com.

WW for Diabetes Program

Available to members who have been diagnosed with Type 2 diabetes.

Start or renew your WW membership today. Find out more by visiting MedMutual.com/Member. Log into My Health Plan and click on Healthy Living, then WW (Weight Watchers), or call 1-800-251-2583.

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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