Start your wellness journey with Medical Mutual.

Help your employees achieve their personal wellness goals and promote a healthy work environment with MedMutual Wellness. This new program leverages resources from Medical Mutual and Bravo, our nationally recognized wellness organization, and can be added to your benefit plan.

How it Works:

Employees on the medical plan are eligible to earn points by completing the following activities:

☐ **Online Health Assessment** | 1 Point *(required to earn any points)*
Participants will access the health assessment through the link on the Medical Mutual wellness portal.

☐ **Health Screening** | 1 Point
Participants will download and complete the provider screening form with their doctor and upload to the wellness portal.

☐ **Flu Shot** | 1 Point
Participants will automatically recieve credit through their insurance claim.

☐ **Preventive Care Service** | 1 Point
Get a mammogram, colonoscopy, or annual physical/women's well check. Participants will automatically recieve credit through their insurance claim.

Reporting and Incentive Management

You will receive a quarterly report showing how many points your employees have earned (up to 4). You decide how many points they need to earn a reward, what the reward is and when you want to award it. A new program will begin every calendar year.

How to Enroll:

☐ **I would like to enroll my company for a cost of $1.65 Per Employee Per Month**

_____   _____
*Effective Date**   *Group Name/Number*

_____   _____
Authorized Group Representative Signature   *Date*

Send completed form with other sold case documents to your broker, through FormFire or to SoldGroups@MedMutual.com

*Requested effective cannot be retro and will default to first of following month if this field is blank.

By agreeing to use this service, you agree and acknowledge to be responsible for any applicable fees associated with this product offering. Such fees are clearly outlined with the program design identified herein this documentation. By proceeding with this service, you accept the responsibility for any fees incurred.