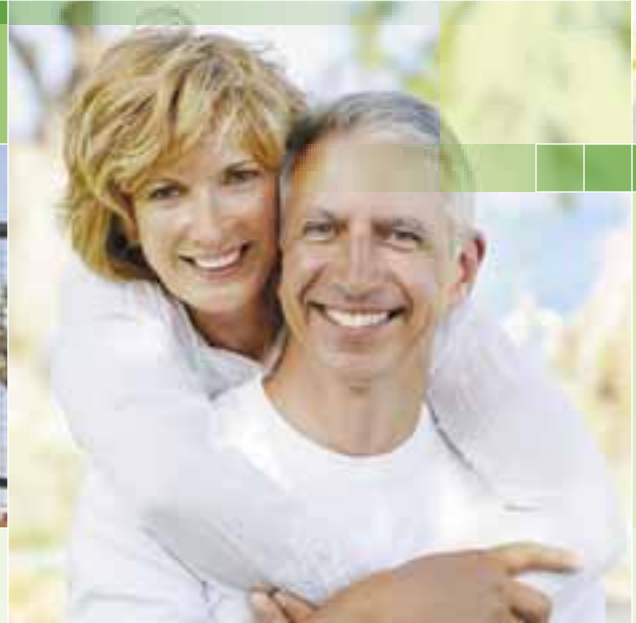




MEDICAL MUTUAL®

# Member Benefits

## Benefits of Being a Member





# My Health Plan Dashboard

Your My Health Plan homepage dashboard gives you an overview of your benefits, including the total billed amount, the discount applied, what Medical Mutual paid and your financial responsibility. The dashboard also includes deductible and claim information for your plan year.

## Claims & Balances

Use the Claims & Balances tab to view your claims.

- Reference your Explanation of Benefits to see your claims information.
- Sort claims by date of service, dependent name and more.
- Export your information to an Excel file, PDF or CSV file.
- See detailed information about your deductibles and coinsurance.

## Benefits & Coverage

Discover the benefits of your health insurance and what is covered by your plan under the Benefits & Coverage tab.

- See an overview of your coverage, maximums, coinsurance and more.
- Order member identification (ID) cards and print temporary copies.

## Resources & Tools

We want you to get the most out of your health plan. Use the Resources & Tools tab to explore the resources available to Medical Mutual members.

### Resources

In this section, use the Health Resource Center to increase your health knowledge through interactive tools and quizzes, a searchable health encyclopedia, a symptom checker and health decision tools. You will also find a glossary, forms, the Member FAQ guide, and how to download our mobile app.

### Find a Provider

Do you need to find a doctor or specialist? With the Provider Search you can find the care you need. You can search by name, specialty, gender, language spoken, hospital affiliation or specific practice.

### Mobile

The MedMutual mobile app keeps up with your on-the-go lifestyle and is with you wherever you are. Download the app through iTunes or Google Play. With the app you can access information about your claims, deductible and out-of-pocket spending. Plus find a doctor, hospital or urgent care.

### Interactive Health Education

Medical Mutual partners with Emmi Solutions®, a health care communications company, to give you information about medical conditions and treatment options. The Emmi library includes more than 200 online audio and video programs and may be accessed via My Health Plan under the Resources & Tools tab then Interactive Health Education.

Emmi's programs are considered "shared decision-making tools" when you are faced with making a health care decision.



## Healthy Living

Take advantage of a variety of wellness programs under the Healthy Living tab to help you understand your health, identify risk factors for disease and make positive changes to help you live healthy.

### Weight Watchers Reimbursement

Let Medical Mutual reimburse you for your participation in Weight Watchers. Our program offers up to \$150 in reimbursement fees per calendar year for members age 10 and older who participate in an At Work or Community Meeting series. (Dependents ages 10 to 16 must meet Weight Watchers' specific program requirements to participate.) For additional information or to enroll in the Weight Watchers Reimbursement Program, visit My Health Plan or call (866) 204-2878.

### QuitLine Program

Our program helps tobacco users give up the habit for good by providing one-on-one coaching, a personalized quit plan, educational materials and a supply of nicotine replacement therapy, all at no out-of-pocket cost. To enroll in the QuitLine Program or for additional information, visit My Health Plan or call (866) 845-7702.

### Fitness

Save money and get active with a membership discount at Curves®, or find a discounted gym membership through our national partner, GlobalFit®.

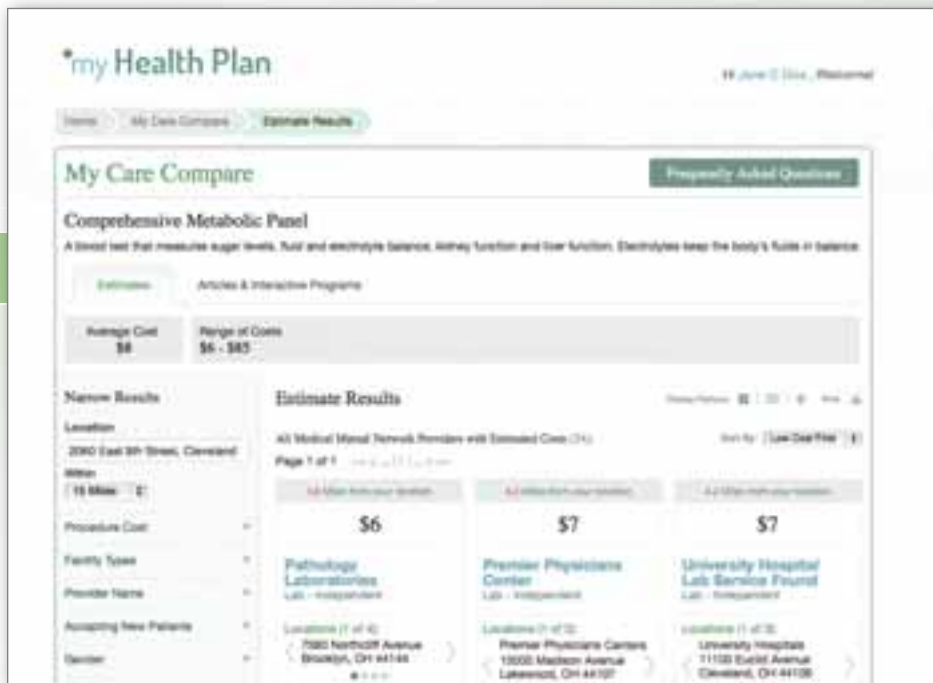
### Learn

Explore a variety of useful articles on key health topics, including Healthy Outlooks, our member newsletter that speaks to health issues, health plan education and our health and wellness services.

### Shop

Discover a variety of member-only discounts, which include baby products, fitness club fees, hearing aids, drugstore items and other healthy products. Vendors include:

- AmericanFitness.net
- Safe Beginnings
- Beltone
- YOGAaccessories.com
- Drugstore.com



## My Care Compare

### Cost Comparison Tool

When you are logged into My Health Plan, you have access to My Care Compare, our cost comparison tool. The My Care Compare tool may be able to lower your costs. It provides you with a reasonable estimate of your cost when you receive care from a SuperMed® Network provider. You will be able to research and compare services, locations and costs for the following medical services:

- Office visits
- Blood tests and other lab services
- X-rays, MRIs and CT scans
- Physical therapy

In addition to cost, My Care Compare also shares quality and patient satisfaction ratings from a national source on doctors and facilities in your area. Use the information to help you and your physician make more informed decisions. The full profile includes details about a doctor's experience, patient satisfaction and hospital quality.

Even if you have a doctor, you can use My Care Compare to see if your costs will change based on where you received care.

The estimates provided by My Care Compare do not guarantee actual cost, services, coverage or payment and are subject to your cost sharing responsibilities.

## My Profile

### Health Assessment

Completing this assessment can help you understand your overall health and identify your risk for certain chronic diseases. The Health Assessment is located on the homepage after you log into My Health Plan. Based on your results, you may receive educational brochures on wellness topics.

### Health History

This tool allows you to review and search your confidential, interactive, electronic medical history. Examples of what you can view include information for you and your dependents about current and past medications, medical services and providers visited.

## Health Care Reform

You've probably heard about health care reform, and you may have wondered what it is and how it affects you. Like any sweeping law, it can be complicated. We're here to help you understand health care reform by breaking it down into the parts that may impact you. Visit [MedMutual.com/Reform](http://MedMutual.com/Reform).





# Make the Most of Your Health

## Maximize Your Benefits and Save Money



Your health insurer should give you tools and resources to help you make the best health choices for you and your family. We do just that. Medical Mutual products and services help you achieve your best possible health and improve your quality of life at every stage.

As a member, you and your family have access to many programs, discounts, money-saving tools and resources—all designed with you in mind. Take advantage of these options to help manage your health, make health care decisions, and save time and money. My Care Compare can help you maximize your benefits and help you find high-quality, lower-cost providers. Register for our secure member site, My Health Plan, by visiting [MedMutual.com/member](https://www.MedMutual.com/member).

- **Stay in network**

Use doctors, hospitals and other health care providers and facilities covered by your Medical Mutual plan.

- **Talk with your doctor or use a lower-cost facility**

Choose an urgent care facility or convenience clinic instead of an emergency room for everyday injuries and illnesses.

- **Know what's covered**

Before you have a service or procedure, review your Medical Plan Description or speak to one of our Customer Care Specialists to make sure it is covered under your plan.

- **Take care of yourself**

Your plan's preventive benefits may cover well visits and some screenings and immunizations. Remember, preventing a disease is less of a burden than treating a disease—both financially and emotionally.

- **Register on My Health Plan**

To get 24/7 access to time- and money-savings tools, programs and discounts, register for My Health Plan at [MedMutual.com/member](https://www.MedMutual.com/member). All you need to get started is your member identification number, date of birth and email address.



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