



MEDICAL MUTUAL®

## Fitness Discounts



### Get Fit & Healthy

#### Before exercising, talk to your healthcare provider if you:

- Smoke
- Are age 40 or older
- Have high blood pressure or a history of heart disease
- Are diabetic and/or more than 20 pounds overweight

#### Tips for success:

- Set realistic, measurable goals
- Keep an exercise log to track your progress
- Change your exercise routine to prevent boredom
- Reward yourself for progress
- Schedule exercise time like other appointments
- Have fun by working out with a friend



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2060 East Ninth Street  
Cleveland, Ohio 44115-1355

# Commit to Your Health

## Embrace an Active, Healthy Lifestyle



Whether you are joining a gym for the first time or have had a long-term commitment to fitness, Medical Mutual supports your active, healthy lifestyle.

Choosing a fitness club that's right for you will help you stay committed. Make sure the location, hours, equipment and other programs meet your needs.

To save you money while you are getting fit, our Fitness Discounts Program gives you access to Curves and the GlobalFit network.

### Curves

Created specifically for women, Curves offers a complete fitness solution.

The Curves 30-minute workout regimen burns up to 500 calories through a proven program of strength training, cardio and stretching. The system is built around resistance machines that work every major muscle group, two muscles at a time, giving you a more efficient and effective workout with every visit.

Your enrollment fee will be waived—a savings up to \$99 at the participating Curves of your choice. Call (800) CURVES30 for locations.

A voucher is all you'll need to receive this waived fee. To access the voucher online:

- Visit our site, MedMutual.com
- Log into My Health Plan
- Click Fitness under the Healthy Living tab

If you don't have access to a computer, you may also call Customer Care at the number on your member identification card to receive a voucher in the mail.

Note: Curves enrollment voucher cannot be combined with GlobalFit's Curves discount.

1. These special rates are available only through GlobalFit and are not offered through the fitness club directly or available to the general public. This offer is made possible only through your employer, membership, health plan or group affiliation. Participation is for new memberships only – memberships are not available to clubs in which you are currently a member. Participation may not be available at all clubs.



### GlobalFit

GlobalFit offers our members special rates that are not offered directly through its fitness clubs or to the general public.

Through GlobalFit, you get<sup>1</sup>:

- Access to more than 10,000 fitness clubs nationwide, including regional chains and local favorites
- Low rates and flexible membership options
- Membership transfer to participating fitness clubs

As a Medical Mutual member, you'll also enjoy exclusive discounts on:

- Workout videos and equipment
- Online diet programs
- Nutritional supplements

Take advantage of a free tour and trial workout at most participating clubs:

- Visit our site, MedMutual.com
- Log into My Health Plan
- Click Healthy Living, then Fitness, then GlobalFit
- Or call GlobalFit at (800) 294-1500

These recommendations are for your information only. They do not take the place of, nor are intended to substitute for, professional medical advice, diagnosis or treatment from your doctor. Eligibility and coverage depend on the specific terms and conditions of your 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). These are discount programs, not health plan benefits. Discounts are not guaranteed to be the best deal, but are a consistent discount off a standard rate. Programs are subject to change without notice.