



My Health Plan—It's All About You.



With *My Health Plan*, our secure member portal, you can access all the tools you need to manage your health plan—and start being a healthier you.

Know Your Costs

Our *Treatment Cost Estimator* calculates how much certain procedures will cost before you visit a provider.

Save Money

With SuperWell® Extras, you have access to valuable discounts on health products and services, including certain fitness clubs in your area.

Stay in Network

Our *Find a Provider* feature helps you search for doctors and hospitals covered by your plan to give you the most cost-effective coverage available.

Get Healthier

Our personalized wellness resources give you the tools and information you need to live healthier.

- Complete a health assessment to see what steps you can take to improve your health.
- Access interactive videos and other tools with our SuperWell® Health Resource Center.
- Enroll in our Weight Watchers® reimbursement program to reach your weight loss goals.
- Quit smoking with help from our SuperWell® QuitLine.

Keep Organized

Find and keep all of your health plan information in one place.

- Access your explanation of benefits (EOB) forms to monitor the costs of doctor's visits and treatment you receive.
- Lose your ID card? No problem. You can print a temporary card and order a new one.

Registration is Easy

Just visit MedMutual.com. All you need to register is your Social Security Number and two free minutes. Why wait? Register for *My Health Plan* today.