Plan Extras at No Additional Cost to You
MedMutual Advantage plans include wellness programs and services designed to help improve your overall health, free of charge.

SilverSneakers® Fitness Program
SilverSneakers is a program for healthy living, giving you access to more than 16,000 fitness centers across the country. You can use as many facilities as often as you like. The program also includes cardio, yoga and other fitness classes, access to pools, health education and walking groups.

Home Meals Program
Members who have returned home from an inpatient hospital stay are eligible for our Home Meals program. This program delivers two meals a day for seven days directly to you while you recover at home.

24-Hour Nurse Line
Get answers to health questions from a clinical expert. Call 24 hours a day, seven days a week.

QuitLine (Tobacco Cessation)
A trained coach will work with you on a quit plan and provide one-on-one support. You can call as many times as you need for additional support.

WW® (formerly Weight Watchers)
When you participate in the WW program through Medical Mutual, you’ll receive reduced member fees that can save you almost 50 percent off the cost of a standard membership. Achieving and maintaining a healthy weight can reduce your risk of chronic diseases, increase your energy and improve your quality of life. Program options include:

- Digital
- Digital + Studio
- WW for Diabetes Program

MedMutual Advantage are HMO and PPO plans offered by Medical Mutual of Ohio with a Medicare contract. Enrollment in a MedMutual Advantage plan depends on contract renewal. SilverSneakers is a registered trademark of Tivity Health, Inc. WW is a registered trademark of WW International. Please Note: Our Nurse Line is not intended to replace the medical care or advice received from a doctor. In the event of a medical emergency, treatment should be sought at the nearest medical facility or by calling 911.