

 **MEDICAL MUTUAL**  
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MedMutual.com

# MedMutual Advantage

Group Medicare Advantage Plans



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Y0121\_S1316\_2020\_C  
Z8596-MCA 9/19

 **MEDICAL MUTUAL**



# MedMutual Advantage Plans

**Medical Mutual is proud to partner with your employer to offer Medicare Advantage group plans to meet your healthcare needs.**

Working with your group benefits administrator, we designed our Medicare plans to help optimize health plan benefits, while delivering coverage that creates peace of mind.

MedMutual Advantage plans include access to a network of more than 34,000 quality healthcare providers throughout the state of Ohio. As a member, your plan may have access to providers and hospitals located outside of our Ohio network area, as long as that provider or hospital accepts Medicare. For more information or assistance finding a provider convenient to you, call our Customer Care department at 1-800-801-4823 (TTY: 711 for hearing impaired), seven days a week 8 a.m. to 8 p.m. from October 1 to March 31 (except Thanksgiving and Christmas) and Monday through Friday 8 a.m. to 8 p.m. and Saturday 9 a.m. to 1 p.m. from April 1 to September 30 (except holidays) or use the Provider Search tool on Medicare.gov.

## **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

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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.