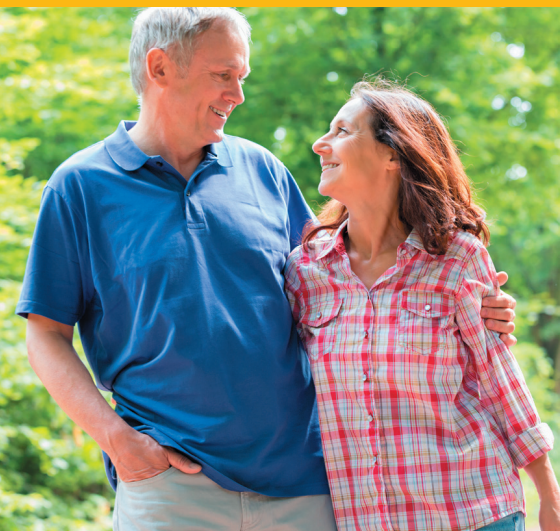


# Health and Wellness Programs

Designed to Help You Achieve Better Health



Medical Mutual and OPERS care about your health and wellness. To help you take control of your health, we offer five comprehensive programs available at no cost to you. Take a look at the chart below to see if any of these programs fits your personal needs and health goals.

To determine if any of these programs are right for you, ask yourself:

- Will the program help me meet my health goals?
- What kind of support is best for me?
- How long does the program last?

Program	Support	Duration	Contact
Case Management Helps you make decisions about your health with a care plan tailored to you.	By phone	Ongoing	(800) 258-3175
Diabetes Prevention Reduces your risk of diabetes through education and support to make lasting healthy lifestyle changes.	In-person	One year	OhioYMCA DiabetesPrevention.org
Healthy U Provides you with tips to manage chronic condition(s) on a day-to-day basis and live a healthier life.	In-person	Six weeks	(866) 243-5678 Aging.Ohio.gov
QuitLine Provides support and tools you need to quit using tobacco products.	By phone	One year	(866) 845-7702 MedMutual.com
Lifestyle Coaching Improves your physical and mental health through healthy lifestyle changes.	By phone	One year	(800) 258-3175 MedMutual.com

See reverse side for more detailed program descriptions.

If you have questions about any of these programs, or would like to enroll, use the web link and phone numbers listed above or call Medical Mutual's Customer Care at (877) 520-6728.

## Tools for a Healthier You

After you complete the Eye on Health Questionnaire and learn more about your health needs, you can decide if any of the wellness programs we offer might be of benefit to you. These programs can help you set and meet your health goals while providing ongoing coaching and support your need to achieve success and lower your risk of and/or manage chronic conditions. All programs are available at no cost to you.

### Case Management

Managing your healthcare can be complex if you have a serious illness or injury. That's why Medical Mutual offers a Case Management Program. The program's goal is to help improve your overall health and wellness by providing you with tools to take control of your health. We work with you, your doctors and other healthcare providers to create a care plan tailored to your needs. This program is designed to help you make decisions about your health and get the most from your OPERS health care coverage.

### Diabetes Prevention

The Diabetes Prevention Program is a year-long program offered through local YMCAs and other locations. This proven program can help you reduce your risk of diabetes by choosing healthier eating choices and building physical activity into your daily life, all with the support of your lifestyle coach and classmates.

### Healthy U

Healthy U is a six-week workshop held by the Area Agency on Aging in your community that helps people with chronic conditions take control of their health. These small-group sessions focus on the participants' roles in self-managing their conditions and overcoming the physical and emotional challenges faced when living with arthritis, diabetes, high blood pressure, chronic pain and other chronic conditions.

### QuitLine

QuitLine is a telephone-based program that offers a whole support system to help you quit using tobacco products. When you enroll in QuitLine, you will partner with a Tobacco Cessation Specialist who will provide one-on-one coaching and support, special tools, a customized quit plan and up to 8-weeks of free nicotine replacement therapy.

### Lifestyle Coaching

Are you thinking about or planning to make positive lifestyle changes to improve your health and wellness? With Medical Mutual's lifestyle coaching program, you can transform your physical and mental health. You'll receive one-on-one support from a coach to help you achieve and maintain a healthy weight, adopt healthy eating habits, manage stress or stop using tobacco products.