



MEDICAL MUTUAL®



Live Healthier

DISEASE MANAGEMENT & MATERNITY PROGRAMS

Programs Tailored to

YOU



MEDICAL MUTUAL®
2060 East Ninth Street
Cleveland, OH 44115-1355



Whether you live with a chronic condition or just found out you're pregnant, having a coach to guide you can help improve your overall well-being. You can trust Medical Mutual's Disease Management and Maternity Programs to support you. Our programs, available at no additional cost, help members who are pregnant or diagnosed with one or more of the following conditions:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Chronic pain conditions
- Coronary artery disease
- Depression
- Diabetes
- Heart failure



About the Programs

These programs help you learn more about your condition, with a plan designed for your individual needs. You receive personal attention and education based on your condition, as well as support from a trained health coach to help you achieve your best overall health.

Your health coach plays a key role in empowering you to self-manage your condition and works with you to achieve your healthcare goals. Your doctor and healthcare team will continue to treat you, and your health coach will offer guidance to complement your doctor's treatment plan. Program benefits include:

- Education and support from a health coach
- No out-of-pocket cost for:
 - Diabetes testing supplies*
 - Peak flow meter*
 - Smoking cessation assistance through our QuitLine program
 - *Your Journey Through Pregnancy* reference book*
 - Telephone support
- \$25 gift card after one year of participation



Enroll Today

Visit MedMutual.com, log into My Health Plan and then select either Disease Management Program or Maternity Program under Healthy Living. Or, call us at (800) 258-3175 and select option 4.

Make sure your plan covers this program before you enroll by calling Customer Care at the number on your ID card.



These recommendations are informational only. They are not intended to require a specific course of treatment or take the place of professional medical advice, diagnosis or treatment. You should make decisions about care with your healthcare providers. Recommended treatment or services may not be covered. Eligibility and coverage depend on your specific benefit plan.

*Applicable based on your condition