

# MedMutual Total Health™

Comprehensive clinical care designed around you





# MedMutual Total Health™ is all about *your* total health

**Medical Mutual wants to help you maintain or improve your health and wellness throughout your life. That's why we created MedMutual Total Health. It's a total package of comprehensive clinical programs that utilize leading-edge best practices and healthcare solutions to support you whether you have an illness or condition, or you're having a baby. As a Medical Mutual member, you have access to a variety of personalized clinical resources that can help you lower your health risks, better manage any health conditions, and improve your overall well-being.**

MedMutual Total Health includes the following programs available at no additional cost to you:

## **Advanced Remote Monitoring**

If you have a chronic condition, such as asthma, diabetes or heart failure, this program can be beneficial. It provides you with specialized equipment (such as a digital scale, pulse oximeter or blood pressure cuff) and offers you daily digital check-ins and as-needed coaching from a nurse to help you avoid further complications.

## **Telephonic Health Coaching**

Designed to help you manage a chronic condition and work toward achieving personal health goals, you will work with a nurse over a 90-day period to make health improvements. This program offers access to a team of professionals, including certified health educators, dietitians, pharmacists, and social workers.

## **Digital/Virtual Health Coaching**

The goal of this program is to help you better understand your condition, prevent disease progression, and give us quick updates on your progress. Digital/virtual health coaching may include short-term health coaching delivered over a few weeks to address a specific health concern or more frequent health coaching that provides personalized interactions over several months.

## **Virtual Physical Therapy**

Medical Mutual has partnered with Sword Health to offer a program that combines licensed physical therapists with easy-to-use technology. Sword is just as effective as in-person physical therapy and can help you overcome joint, back or muscle pain from the comfort of your own home.

## **Care Navigation**

If you have a serious injury or illness, we work with your providers and other healthcare professionals to create a care plan that meets your unique needs. This program can help you better understand health information, learn to make better choices each day and become more involved in your care so you can improve your quality of life.



### **Transitional Care**

Offered in partnership with Direction Home and your local Area Agency on Aging, this program offers health coaching and support with follow-up care after a hospital stay. A transitional care nurse will visit or call you during your hospital stay to introduce you to the program, assess your after-the-hospital care needs, help you prepare for your hospital release and make visits to your home for up to 30 days to check on your progress.

### **Palliative Care**

Our palliative care program is offered in partnership with Carelon to provide an extra layer of support and relief when you are receiving treatment so you can carry on with daily life. It offers access to doctors, nurse practitioners, nurses, social workers, and chaplains who visit your home to help guide your physical, psychological, and spiritual care throughout an illness.

### **24-Hour Nurse Line**

You can call 1-888-912-0636 24 hours a day, seven days a week, to speak with a highly trained and experienced nurse about any health concerns. Nurses can help you assess symptoms, talk you through self-care for minor conditions and help you determine if you should seek care right away.

### **MedMutual Maternity**

If a new baby is on the way, the MedMutual Maternity app can help you manage your health journey with articles, tips and to-do lists that will keep you on track. Plus, you can easily connect with Medical Mutual resources with just one click. You can find the app by searching MedMutual Maternity in the Apple App Store® and Google Play.®

### **For More Information or to Enroll**

Call 1-800-590-2583 to learn more about MedMutual Total Health or to enroll in any of these programs. Our Population Health Support Specialists are available Monday through Friday from 8 a.m. to 4 p.m. (confidential voicemail available 24/7).

Medical Mutual may also reach out to you if we think you could benefit from any of these programs and help you get started.

Thank you for trusting Medical Mutual to be a partner in your health and wellness.



**MEDICAL MUTUAL®**

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