

# Welcome to Medical Mutual

Here for you, today and every day

**The health and well-being of our members is our top priority. That's why we offer high-quality health insurance plans with access to the doctors and hospitals you know and trust. We give you peace of mind so you can enjoy life's best moments.**

## Company Overview

- Founded in 1934 and organized as a nonprofit mutual insurance company
- Serving more than 1.2 million members
- More than 2,700 employees in eight locations
- Accredited by the National Committee for Quality Assurance (NCQA), an independent, not-for-profit organization and leading evaluator of America's health plans

## Provider Networks

Medical Mutual's SuperMed® PPO network is one of the largest provider networks in Ohio. However, if you or one of your covered dependents live or spend significant time outside the Medical Mutual service area, you can rest easy knowing you also have access to the Cigna PPO® network.\* This makes it simple to get in-network care no matter where you are. It's a great solution if you have a college student on your plan, or if you frequently travel outside of Ohio.

## Online Tools Make it Easy

Our members use My Health Plan, our secure, easy-to-use member website, to manage their plans and make the most of their benefits. You can do things like check your deductible, review your claims and Explanation of Benefits (EOB) statements, or find a doctor in your network. We also offer a convenient mobile app that helps you manage your plan when you're on the go.

## Compare Costs Among Providers

Healthcare costs can vary by hundreds or even thousands of dollars depending on which doctor you see and which facility you visit. MedMutual Find a Provider can help you understand your options and estimate your costs before you schedule an appointment or have a procedure. You can see cost estimates based on your benefit plan, so you'll know the amount you may be responsible for and how this impacts your annual deductible and out-of-pocket spending.\*\*

Use MedMutual Find a Provider to search for:

- In-network doctors and hospitals located near you
- Providers filtered by gender, language spoken, hospital affiliation or specific practice
- Provider and facility ratings and reviews from other patients
- Average costs and out-of-pocket costs for procedures and services based on your benefit plan

The Find a Provider tool can be found on My Health Plan under the Resources & Tools tab. It's also available on the MedMutual mobile app.

## Programs to Keep You Healthy

Medical Mutual encourages our members to stay healthy by offering discounts on fitness programs, including WW® (formerly Weight Watchers). If you live with a chronic condition, our Chronic Condition Management program offers coaching and guidance to help you manage your care. We also offer a 24/7 Nurse Line to answer your health questions.

SuperMed® is a registered trademark of Medical Mutual of Ohio. WW® is a registered trademark of WW International, Inc.

\*The Cigna PPO network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO for Shared Administration. Cigna is an independent company and not affiliated with Medical Mutual. Access to the Cigna PPO network is available through Cigna's contractual relationship with Medical Mutual. All Cigna products are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

\*\*The estimates provided do not guarantee actual cost, services, coverage or payment, and are subject to your plan benefits.