

MedMutual Total Health™

Integrated clinical care management programs and supporting wellness tools to improve employee well-being and control healthcare costs






MedMutual Total Health™ offers **Comprehensive Health and Wellness Services**

Medical Mutual provides value to our group members with Total Health by combining the strength of our clinical services with industry-leading healthcare solutions. As a result, members receive access to personalized, top-tier clinical resources that improve overall well-being and save money by addressing health risks before they are costly to treat.

A Continuum of Care


MedMutual Total Health helps members achieve their personal health goals.



TRAVIS | 32 | General Health | Bravo Wellness Suite

Goal
Strengthen his overall health awareness, increase physical activity and learn how to prepare healthier meals for himself.

Total Health Program Impact
Increased activity level and managed weight by utilizing Bravo wellness suite tools including healthy recipes, educational videos, syncing a wearable fitness device and joining a personal health challenge.



BRETT | 51 | Diabetes | Nurse Coaching + Hypertension

Goal
Reduce his blood pressure, and learn to manage stress in addition to losing weight.

Total Health Program Impact
Lowered his blood pressure to a healthy range through support from a customized care plan that blended nurse coaching with a digital hypertension-management program.



MARK | 50 | Heart Disease | Post-discharge + In-home Support

Goal
Discharge from hospital with seamless connection to support and follow-up care to avoid readmission.

Total Health Program Impact
Dedicated nurse team worked with the hospital and providers to finalize discharge plan, align post-discharge care and coordinate in-home support to help him stay on track, get to his follow-up appointments and not return to the hospital.




ANNIE | 35 | Pre-diabetes | Diabetes Prevention

Goal
Lose weight and reduce her HbA1c level.

Total Health Program Impact
Reduced her weight and HbA1c to healthier levels through support from a diabetes prevention digital coaching program and establishing a PCP relationship.



SUSAN | 45 | Hypertension, Diabetes | Nurse Team + Remote Tools

Goal
Stabilize disease progression, reduce blood pressure, improve HbA1c level, lose weight and increase her physical activity.

Total Health Program Impact
Avoided emergency room visits, stabilized care and began achieving health goals through customized care plan led by a nurse case management team that leverages in-home remote monitoring tools.



JEANIE | 63 | Cancer | Support Post Treatment

Goal
Increase comfort and avoid emergency department visits following cancer treatments.

Total Health Program Impact
Nursing team works with providers to arrange in-home nurse visits to help manage post-treatment pain and symptoms.

Program Components

By choosing Medical Mutual, you already have access to a set of wellness tools and clinical services as part of the standard administrative fees and services.

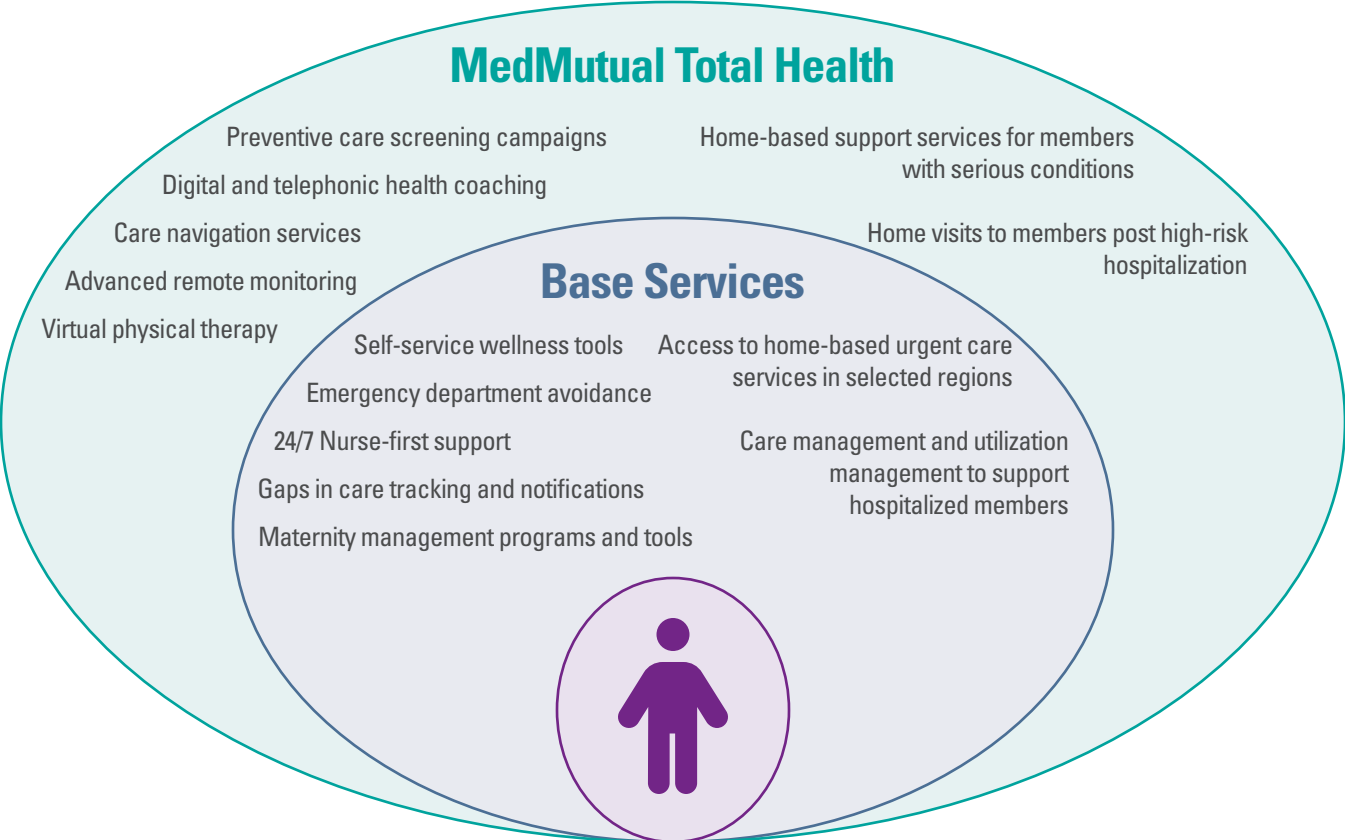
This includes:

- Wellness offerings through Bravo such as personal fitness trackers, educational health content and wellness challenges
- Maternity management to support mothers and their babies before and after delivery
- Extensive care management support to help individuals manage their well-being before, during and after a hospitalization
- A care management team that engages members with high-risk health conditions such as cancer, heart failure and mental health needs to provide support in coordination with their providers

MedMutual Total Health builds from our base services by providing covered services to members with conditions and health events that drive a significant amount of medical expense.

This includes:

- Helping individuals with chronic conditions such as diabetes, heart disease and hypertension by providing access to health programs to manage their conditions
- Assisting members with high-risk hospitalizations avoid returning to the hospital through more advanced post-hospitalization support and home services
- Expanded access to home-based services to help members with serious illness avoid unnecessary emergency department visits and hospitalizations
- Providing additional care navigation to connect individuals with proper support services and address gaps in care



The Medical Mutual Difference

When commercial groups choose MedMutual Total Health, the difference in improved health outcomes, reduced hospital visits and overall cost are readily apparent. We reinforced our base program with our enhanced offerings to help populations achieve the following benefits:



6% decrease
in ER visits
per 1,000 members*



Medical cost savings of
\$773 per employee
annually
(\$64 monthly)*



11% decrease
in hospital admits
per 1,000 members*



31% higher
likelihood to engage with
a primary care provider*

Additional Programs

In addition to Total Health, Medical Mutual is able to provide your employees with programs tailored for unique high-risk populations such as newborns in the neonatal intensive care unit (NICU) and members with chronic kidney disease. Given the specific needs of your population, and based on our clinical and data analysis, we can consult with you on recommended programs that may provide additional clinical benefits and savings.

*Actual results and individual experience will vary based on multiple factors, including, but not limited to, plan design, population demographics, program utilization, claims experience, network market conditions and other factors.

MedMutual Total Health in Action

No matter the stage of life or health consideration at hand, your employees can personalize their experience by working with supportive health and wellness providers and educators along the way.

We know your employees are at different stages of their health journeys. That's why MedMutual Total Health leverages the strength of Medical Mutual and a series of top-tier healthcare service providers to connect your employees with services tailored to their health conditions, level of severity and engagement preferences.

Through our clinical team and industry-leading healthcare solutions, Medical Mutual is your one-stop shop and connection to the care you and your employees need, when you need it.

Want to Learn More?

For more information about MedMutual Total Health, please contact your broker or Medical Mutual Sales representative.





MEDICAL MUTUAL®

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