



Enroll & Get Moving

Joining a fitness club has never been easier or more affordable.

Before exercising, consult your physician, especially if you:

- Smoke
- Are age 40 or older
- Have high blood pressure or a history of heart disease
- Are diabetic
- Are more than 20 pounds overweight

Choosing a fitness club:

- Is the club conveniently located?
- Is the club open when you want to use it?
- Does the club have the programs, classes and equipment you want?
- Does the club offer other programs of interest?
- Does the club provide training for first-time members?

For more fitness discount information:

- Visit our website (i.e., MedMutual.com, ConsumersLife.com or CarolinaCarePlan.com)
- Log on to *My Health Plan*
- Click *Fitness Discounts* under the *Health & Wellness* tab

Get fit and healthy!

These recommendations are for your information only. They do not take the place of, nor are intended to substitute for, professional medical advice, diagnosis or treatment from your doctor. Eligibility and coverage depend upon the specific terms and conditions of your benefit plan. This brochure is considered marketing material and gives members information about purchasing or using the service or product Medical Mutual of Ohio and its Family of Companies has no financial ownership or incentive arrangement for the use of this product(s) or services. These are discount programs, not health plan benefits. Discounts are not guaranteed to be the best deal, but are a consistent discount off a standard rate. Programs are subject to change without notice.

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SuperWell Fitness Discounts

A WELLNESS MANAGER PROGRAM

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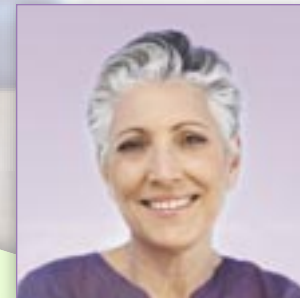
MEDICAL MUTUAL OF OHIO®

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Visit CarolinaCarePlan.com. | Visit MedMutual.com. | Visit ConsumersLife.com.



MEDICAL MUTUAL OF OHIO®
CAROLINA CARE PLAN | CONSUMERS LIFE



Commit to an Active, Healthy Lifestyle

Whether you are joining a gym for the first time or have had a long-term commitment to fitness, Medical Mutual of Ohio® and its Family of Companies will help you save money while you are getting fit through various fitness club discounts we offer through our SuperWell® Fitness Discount Program.

Anytime Fitness

With more than 1,200 clubs worldwide, Anytime Fitness is open 24/7—allowing members to work out at any of its clubs, any time day or night.

You are eligible for 50-percent off standard enrollment and 10-percent off monthly dues. Just show your member identification (ID) card at the club of your choice to receive the discount. Call 800.704.5004 for locations.

You can also get a free seven-day guest pass by bringing your member ID card to a participating Anytime Fitness club (one pass per person). Contact your local club for more details.

Curves

Created specifically for women, Curves offers a complete fitness solution.

The Curves 30-minute workout regimen burns up to 500 calories through a proven program of strength training, cardio and stretching. The system is built around resistance machines that work every major muscle group, two muscles at a time, giving you a more efficient and effective workout with every visit.

You receive a \$49 enrollment fee—up to a \$100 savings—at the participating Curves of your choice. Call 800.CURVES30 for locations.

A voucher is all you'll need to receive this discounted fee. To access the voucher online:

- Visit our site (i.e., MedMutual.com, ConsumersLife.com or CarolinaCarePlan.com)
- Log on to *My Health Plan*
- Click *Fitness Discounts* under the *Health & Wellness* tab

If you don't have access to a computer, you may also call Customer Service at the number on your member ID card to receive a voucher in the mail.



FitWorks Fitness Centers

FitWorks Fitness Centers are full-service facilities offering group fitness classes, group spinning, Cardio Cinema Rooms with a 15-foot movie screen, a vast selection of free weight equipment, a large variety of cardio equipment and circuit machines.

FitWorks offers locations in northeast and southwest Ohio.

You receive 50-percent off the start-up fee. To receive the discount, show your member ID card at a participating club.

Snap Fitness

Snap Fitness facilities feature 24/7 access, top-of-the-line cardio and strength-training equipment, value-added fitness services not available at comparable clubs and a safe, secure environment.

You receive free enrollment and 10-percent off monthly standard rates. A one-time global access security fee applies per member. You can register at snapfitness.com/mmo to join. Call 877.474.5422 for locations.