

GOOD HEALTH MAKES FOR BETTER BUSINESS!

COSE
Join your cause.

Keeping your employees well is not just a nice thing to do—it's a good business practice. Healthy employees are more likely to be safe on the job, more productive and less likely to incur high healthcare costs. That's why COSE and Medical Mutual of Ohio® have joined forces to help you and your employees learn to be well and stay well.



MEDICAL MUTUAL OF OHIO®
Your healthcare partner since 1934

COSE Y-DAYS PROGRAM THROUGH THE YMCA OF GREATER CLEVELAND

The YMCA program offers COSE member businesses, employees, and families free access to all 9 YMCA of Greater Cleveland locations. Enjoy 2 free days every week per location, and one additional free weekend day each month. There is no limit to how many days you use. You also get discounts on joiner fees.

Participating branches include:
Downtown Cleveland, Euclid,
Geauga, Hillcrest, Lakewood,
Ridgewood, West Park-Fairview,
Avon and West Shore.

Visit cose.org/wellness for all the
details or call (216) 592-2222.



**YMCA of
Greater Cleveland**

ADDITIONAL FITNESS DISCOUNTS

Members of the COSE Health Insurance Program powered by Medical Mutual, take advantage of discounted rates and flexible membership options at Anytime Fitness, FitWorks Fitness Centers, Snap Fitness and Curves.

Log on to My Health Plan on medmutual.com and then select Fitness Discounts under Health and Wellness.

VISITCOSE.ORG/WELLNESS

All programs listed on this page are available to members of the COSE Health Insurance program powered by Medical Mutual.

HEALTH SCREENINGS

These free screenings cover blood pressure, cholesterol, body mass index, body composition, glucose, height, weight and waist circumference testing. Confidential test results are received immediately. Influenza (flu) vaccinations can also be offered at health screenings. Employees, spouses and dependents (18+) are welcome to participate.

Call (216) 592-2252 to schedule an on-site health screening event or individual appointment.

MINI-GRANT PROGRAM

The Mini-Grant program offers a matching dollar amount of up to \$1,500 for employer or employee-sponsored wellness activities.

Visit cose.org/wellness for more details.

LUNCH AND LEARN EDUCATIONAL SESSIONS

Up to four free Lunch and Learn Educational Sessions can be scheduled at your work site on a variety of topics. Ask your employees to bring a brown-bag lunch, or consider providing a healthy lunch to all attendees - and you'll probably get higher participation! Call (216) 592-2263 to schedule.

Visit cose.org/wellness for more details.

WELLNESS TRACKS

Wellness Tracks is an intensive 12-week program that will assess your current health status and carry you through a detailed program focusing on key areas of personal wellness improvement. This valuable program is being offered to a limited group of COSE small business owners and their spouses at no cost if they're enrolled in the COSE/MMO health insurance program. Courses are designed to work within your existing personal and professional commitments.

Visit cose.org/wellness for more details.

SMOKING CESSATION PROGRAM

The smoking cessation program through the QuitLine offers up to five free telephone counseling sessions from experienced tobacco cessation counselors, up to four weeks of Nicotine Replacement Therapy (NRT) patches, and a variety of motivational materials. Get the help you need to kick the habit.

Call (866) 845-7702.

WEIGHT MANAGEMENT THROUGH WEIGHT WATCHERS®

This program provides reimbursement vouchers for Weight Watchers® at work meetings and local meetings to help you reach your personal weight management goals. Members can also receive up to \$150 back from their registration fees annually.

Visit cose.org/wellness or call (866) 204-2878.

ONLINE HEALTH RISK ASSESSMENT

These free assessments provide a confidential, personalized report highlighting risks for heart disease, diabetes, some cancers, depression or stroke as well as opportunities for improvement you can candidly share with your doctor.

Log on to My Health Plan on MedMutual.com:
Then select Health Risk Assessment under Assess My Health.

HEALTH MANAGEMENT PROGRAMS

The Super Well Disease & Maternity Management Program helps members who are pregnant or diagnosed with asthma, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, depression or diabetes. This free program offers a unique approach, providing flexible education and personalized attention that is focused on your individual needs. You receive valuable help from a trained coach who will help you control your condition and prevent complications to achieve your best overall health.

Log on to My Health Plan on MedMutual.com:
Then select Health and Wellness under My Health Plan or call (800) 861-4826.

