

How To Use The Medical Mutual Wellness Portal



The Medical Mutual Wellness portal is your hub for everything you need to participate in the Medical Mutual Wellness program. Here you will view steps to earn your reward, access wellness resources, learn valuable information about your current health, and more.

If you have questions as you interact with your wellness portal, check out the short instructional videos below.

Jump to section:

- ☐ How to complete [Registration](#).
- ☐ How to complete the [Health Assessment](#).
- ☐ How to [Download/Upload the Biometric Screening form](#).
- ☐ How to access the [Result Letter](#).
- ☐ How to [Download/Upload the Appeals form](#).
- ☐ How to access [My Plan/My Health page](#).
- ☐ How to access [Online Health University](#).
- ☐ How to [enroll in a Personal Challenge](#).
- ☐ How to [navigate device sync](#).

Disclaimer: These videos cover the basics of the wellness portal and may not include all the specifics of your program.

Portal: Log in to www.medmutual.com/member and select **Wellness Portal** from the Healthy Living drop-down.
Toll-Free: 1-855-553-1006
Email: WellnessSupport@medmutual.com

Remember, if you're not able to participate or meet the goals of your program, Medical Mutual Wellness can work with you and your doctor to find an alternative way to earn the reward.