

Silver Level Reward

Step 1. Take the Online Health Assessment

- Take the health assessment answering as many questions as possible. Onsite biometric screening results will be automatically uploaded into the Medical Mutual Wellness Portal. (May take up to 6-8 weeks)
- To get started, log into www.medmutual.com, and select Wellness Portal from the Healthy Living drop-down button.

Step 2. My Care Compare

With My Care Compare, you can:

- Get cost estimates for multiple services from routine blood tests and office visits to minor and major surgeries
- Compare provider costs for a medical procedure at different locations
- Watch videos that describe what you can expect with various treatment options
- View quality ratings of doctors and hospitals
- Access www.medmutual.com, select My Care Compare under the Resources & Tools dropdown