

# MUTUALLY WELL

Helping You Achieve Your Best Health



Great news! As a Mutual of Omaha or affiliate policyholder, you have access to resources that can help you stay healthy, stay fit and keep more money in your pocket.

## Mutually Well Discounts

Save up to 30% on healthy living products and services from over 20,000 health and well-being specialists nationwide<sup>1</sup>. As a Mutually Well member, you receive discounts on things like chiropractic, acupuncture, massage therapy, personal training, fitness equipment, meal programs and more. Go to [MutuallyWell.com](http://MutuallyWell.com) to see the discounts available to you and print discount offers.

## Mutually Well Mobile App

With the Mutually Well app, you can create a personalized plan for healthy living. Set your goals and receive a weekly plan of recommended activities that includes suggestions on fitness, rest/recovery and nutrition. You can also use the app to get discounts when you visit providers. Download the Mutually Well app from the Apple or Android app store.



## Mutually Well Gym Membership

Purchase an optional Mutually Well Gym Membership for just \$29.99 a month<sup>2</sup> for access to over 10,000 participating fitness locations<sup>3</sup> nationwide. Group classes are included with your basic membership, where available. Not only does a Mutually Well Gym Membership give you the flexibility to visit gyms where you live, work and travel, there are no enrollment fees so you can stop and restart your membership at any time.



### Join Mutually Well

Get started down a path toward healthy living. When you join, you'll have access to resources that can help you achieve your best health. You'll find details on how to join on the reverse side.



### Get a Free 30-Day Walking Plan

After you join Mutually Well, watch your email for a link to a free 30-day walking plan.



### Get Your Endorphins Right at Home

Enjoy 30,000+ live and on-demand classes in 60+ wellness categories from Buralong®.<sup>4</sup>

Tivity Health Services, LLC is an independent vendor that provides solutions to improve health and well-being. Tivity Health is a registered trademark of Tivity Health, Inc.

1. Tivity Health, Inc. and its affiliates do not employ, own, or operate third-party service providers. Services subject to terms and conditions of such third-party provider. Check with the provider for details.
2. Mutually Well membership fee is \$29.99 per month plus applicable sales tax.
3. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Mutually Well Membership entitles member to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.
4. Buralong live and on-demand classes are only available as part of the Mutually Well Paid Membership program and cannot be purchased separately.

## How to Join

1. Go to [MutuallyWell.com](https://MutuallyWell.com)
2. Create a username and password
3. Select the best subscription plan for you
4. Check your eligibility with your name, date of birth and ZIP code that you've registered with Mutual of Omaha

Once you've joined, you can use [MutuallyWell.com](https://MutuallyWell.com) to:

- Browse and print discount offers for products and services
- Print your membership card
- Access on-demand digital classes from Bernalong®<sup>4</sup>

You can also download the [Mutually Well App](#) to:

- Download discount offers
- Set your fitness goals and receive a weekly plan of recommended activities



## Questions?

**1-833-574-6105** Monday–Friday, 8 a.m.–8 p.m. ET  
[MutuallyWell.com](https://MutuallyWell.com)

The Mutually Well program is not available in New York.

**IMPORTANT DISCLOSURES:** Mutual of Omaha Insurance Company, its affiliates and subsidiaries (“Mutual”) and Tivity Health Services, LLC, (“Tivity Health”) have entered into an arrangement where Tivity Health provides access to a national network of fitness locations (the “Fitness Benefit”) to Members of the Mutually Well program (“Mutually Well program”). Tivity Health is responsible for the administration of the Fitness Benefit. Members of the Mutually Well program through the arrangement with Mutual and Tivity Health also have access to a network of participating third-party service providers who offer services and products at a discount known as WholeHealth Living Choices Program (“Choices Program”). Mutual has contracted with Tivity Health to administer the Choices program.

**The Mutually Well program is not insurance.** The Mutually Well program is provided by Tivity Health, an independent company. Consult a healthcare professional with questions about your health care needs. The Mutually Well program is not available in New York or as amended in the future in compliance with state laws and regulations. Each company is responsible for its own financial obligations.

**IMPORTANT MEDICAL DISCOUNT PLAN ORGANIZATION DISCLOSURES. AT NO ADDITIONAL COST TO THE MEMBER, AND AS PART OF THE CHOICES PROGRAM, MUTUAL HAS CONTRACTED WITH TIVITY HEALTH TO ALSO PROVIDE ITS MEMBERS WITH ACCESS TO A NETWORK OF PARTICIPATING THIRD-PARTY SERVICE PRACTITIONERS WHO OFFER INTEGRATIVE HEALTH SERVICES OR PRODUCTS AT A DISCOUNT TO MEMBERS INCLUDING, BUT NOT LIMITED TO, CHIROPRACTIC, ACUPUNCTURE, MASSAGE/BODY WORK SERVICES (“INTEGRATIVE HEALTH SERVICES”). THE CHOICES PROGRAM IS PROVIDED BY WHOLEHEALTH LIVING, INC., A WHOLLY OWNED SUBSIDIARY OF TIVITY HEALTH SERVICES, LLC (“WHL”), WITH A MAILING ADDRESS OF: WHOLEHEALTH LIVING, 1445 S. SPECTRUM BLVD., CHANDLER, AZ 85286. DISCOUNTS VARY PER PRACTITIONER. THE MUTUALLY WELL PROGRAM MEMBER MUST PAY PRACTITIONER DIRECTLY FOR INTEGRATIVE HEALTH SERVICES BUT WILL RECEIVE A DISCOUNT FROM THE PARTICIPATING PRACTITIONER. THE CHOICES PROGRAM IS NOT INSURANCE. MUTUAL AND WHL DO NOT MAKE ANY PAYMENTS TO THE THIRD-PARTY PRACTITIONERS. MEMBERS ARE SOLELY RESPONSIBLE FOR ANY AND ALL FEES ASSOCIATED WITH, OR DUE FROM, THE PROVISION OF INTEGRATIVE HEALTH SERVICES. WHL DOES NOT EMPLOY, OWN OR OPERATE THE PARTICIPATING PRACTITIONERS. SERVICES PROVIDED ARE SUBJECT TO TERMS AND CONDITIONS OF PARTICIPATING PRACTITIONERS. CHECK WITH THE PRACTITIONER FOR TERMS OF SERVICE. MEMBERS MAY ACCESS PARTICIPATING PRACTITIONERS THROUGH A WEB PORTAL AT [WWW.MUTUALLYWELL.COM](https://WWW.MUTUALLYWELL.COM). PARTICIPATING PRACTITIONERS DIRECTLY BILL THE MEMBER FOR THE SERVICES OR PRODUCTS PURCHASED. THE PARTICIPATING PRACTITIONER DIRECTORY IS SUBJECT TO CHANGE, WITHOUT PRIOR NOTICE, AT THE DISCRETION OF WHL. MEMBERS MAY TERMINATE THEIR ACCESS TO THE CHOICES PROGRAM NETWORK AT ANY TIME FOR ANY REASON. FOR ADDITIONAL INFORMATION, INCLUDING A LIST OF PARTICIPATING PRACTITIONERS, CALL (TOLL-FREE) 833-574-6105, MONDAY – FRIDAY FROM 8 A.M. – 8 P.M. EST OR VISIT THE MUTUALLY WELL PROGRAM WEBSITE AT [WWW.MUTUALLYWELL.COM](https://WWW.MUTUALLYWELL.COM).**

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