

# 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.\* 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 \$25 a month\*\* for access to over 10,000 participating fitness locations\*\*\* 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.

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\*Tivity Health, Inc., and its affiliates do not employ, own or operate third-party service providers. Services are subject to terms and conditions of such third-party provider. Check with the provider for details.

\*\* Gym membership fee is \$25 per month plus applicable sales tax.

\*\*\*Members who opt-in and pay for the Mutually Well Gym Membership are entitled to the use of fitness location facilities and amenities available to the holder of a basic membership at the fitness location. Fitness locations are not owned or operated by Tivity Health, Inc., or its affiliates. Facilities and amenities vary by location.



## How to Join

Visit [MutuallyWell.com](https://MutuallyWell.com) or download the Mutually Well app from the Apple or Android app store.

### [MutuallyWell.com](https://MutuallyWell.com)

- Join the Mutually Well program
- View discounts for products and services and print discount offers
- Purchase the optional Mutually Well Gym Membership and print your membership card

### Mutually Well App

- Join the Mutually Well program
- Download discount offers
- Purchase the optional Mutually Well Gym Membership and download your digital membership card
- Set your fitness goal 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)

Mutually Well is not available in California or 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”). 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 health care professional with questions about your health care needs. Mutually Well is not available in California or 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 DISCOUNT MEDICAL PLAN ORGANIZATION DISCLOSURES. AT NO ADDITIONAL COST TO THE MEMBER, MUTUAL HAS CONTRACTED WITH TIVITY HEALTH TO ALSO PROVIDE ITS MEMBERS WITH ACCESS TO A NETWORK OF PARTICIPATING THIRD-PARTY SERVICE PROVIDERS WHO OFFER COMPLEMENTARY, ANCILLARY OR ALTERNATIVE MEDICINE SERVICES OR PRODUCTS AT A DISCOUNT TO MEMBERS INCLUDING, BUT NOT LIMITED TO, CHIROPRACTIC, ACUPUNCTURE, MASSAGE/BODY WORK SERVICES (“CAM SERVICES NETWORK”). ACCESS TO THE CAM SERVICES NETWORK IS PROVIDED BY WHOLEHEALTH NETWORKS, INC., (“WHN”), WITH A MAILING ADDRESS OF: WHOLEHEALTH LIVING, 1445 S. SPECTRUM BLVD., CHANDLER, AZ 85286. DISCOUNTS VARY PER CAM SERVICES NETWORK PROVIDER. THE MUTUALLY WELL PROGRAM MEMBER MUST PAY THE CAM SERVICES NETWORK PROVIDER DIRECTLY FOR CAM SERVICES BUT WILL RECEIVE A DISCOUNT FROM THE PARTICIPATING CAM SERVICES NETWORK PROVIDER. ACCESS TO THE CAM SERVICES NETWORK IS NOT INSURANCE. MUTUAL AND WHN DO NOT MAKE PAYMENTS DIRECTLY TO THE CAM SERVICES NETWORK PROVIDERS. MEMBERS ARE SOLELY RESPONSIBLE FOR ANY AND ALL FEES ASSOCIATED WITH, OR DUE FROM, THE PROVISION OF CAM SERVICES. WHN DOES NOT EMPLOY, OWN OR OPERATE THE CAM SERVICES NETWORK PROVIDERS. SERVICES PROVIDED SUBJECT TO TERMS AND CONDITIONS OF CAM SERVICES NETWORK PROVIDERS. CHECK WITH CAM SERVICES NETWORK PROVIDERS FOR TERMS OF SERVICE. MUTUALLY WELL IS NOT AVAILABLE IN CALIFORNIA OR NEW YORK. MEMBERS MAY ACCESS THE CAM SERVICES NETWORK THROUGH A WEB PORTAL AT MUTUALLYWELL.COM. CAM SERVICES NETWORK PROVIDERS DIRECTLY BILL THE MEMBER FOR THE SERVICES OR PRODUCTS PURCHASED. THE CAM SERVICES NETWORK DIRECTORY IS SUBJECT TO CHANGE, WITHOUT PRIOR NOTICE, AT THE DISCRETION OF WHN. MEMBERS MAY TERMINATE THEIR ACCESS TO THE CAM SERVICES NETWORK AT ANY TIME FOR ANY REASON. FOR ADDITIONAL INFORMATION, INCLUDING A LIST OF PARTICIPATING CAM SERVICES NETWORK PROVIDERS, CALL (TOLL-FREE) 833-574-6105, MONDAY - FRIDAY FROM 8 A.M. - 8 P.M. EST OR VISIT THE MUTUALLY WELL PROGRAM WEBSITE AT MUTUALLYWELL.COM. ACCESS TO THE CAM SERVICES NETWORK IS PROVIDED BY MUTUAL AT NO COST TO THE MEMBER.**

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