

Mutually Well

Helping You Achieve Your Best Health



Great news! As a Mutual of Omaha or affiliate Medicare supplement 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 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 and no gym contracts so you can stop and restart your membership at any time.



Register for Mutually Well

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



Get a Free 30-Day Walking Plan

After you register for 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 Register

Register at MutuallyWell.com or download the Mutually Well app from the Apple or Android app store.

MutuallyWell.com

- Register for 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](#)

- Register for 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

Mutual of Omaha Insurance Company, its affiliates and subsidiaries (“Mutual”) and Tivity Health Services, LLC, and its wholly owned subsidiary WholeHealth Networks, Inc., (collectively “Tivity Health”) have entered into an arrangement where Tivity Health provides program benefits to Members of Tivity Health’s Mutually Well program (“Mutually Well program”). The program benefits offered by Tivity Health include fitness center and gym memberships as well as access to a network of providers offering complementary, ancillary or alternative medicine services or products at a discount, known as WholeHealth Living Choices program (“Choices”). Tivity Health is responsible for the administration of the Mutually Well program.

The Mutually Well program including Choices is not insurance and is available to Medicare supplement insurance customers of Mutual. 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.

As part of the Mutually Well program, Members are provided with access to a network of participating third-party providers who offer complementary, ancillary or alternative medicine services or products at a discount including, but not limited to, chiropractic, acupuncture, massage/body work services (“CAM services”). The CAM services component of the Mutually Well program is provided by Tivity Health through its wholly owned subsidiary WholeHealth Networks, Inc., (“WHN”), with a mailing address of: WholeHealth Living, 1445 S. Spectrum Blvd., Chandler, AZ 85286. Discounts vary per CAM service provider. The Mutually Well Program Member must pay for CAM services but will receive a discount from the participating CAM service providers. Mutual and WHN do not make payments directly to the third-party CAM services providers. Members are solely responsible for any and all fees associated with, or due from, the provision of CAM services. For additional information, including a list of participating CAM service 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.

Members may access the network of providers through a web portal at MutuallyWell.com. Third-party providers directly bill the Member for any third-party service or products purchased. The third-party provider network directory is subject to change, without prior notice, at the discretion of Tivity Health. Third-party providers have entered into agreements with Tivity Health and the professional services and products available are subject to the terms and conditions of such third-party provider arrangements. Tivity Health does not employ, own or operate third party service providers. Check with the provider for details. Members may terminate their access to the network of CAM services at any time for any reason.

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