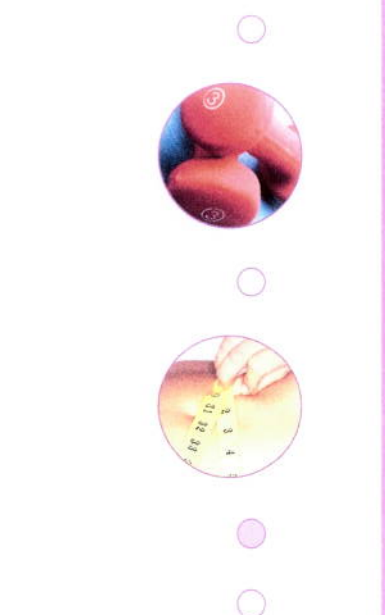
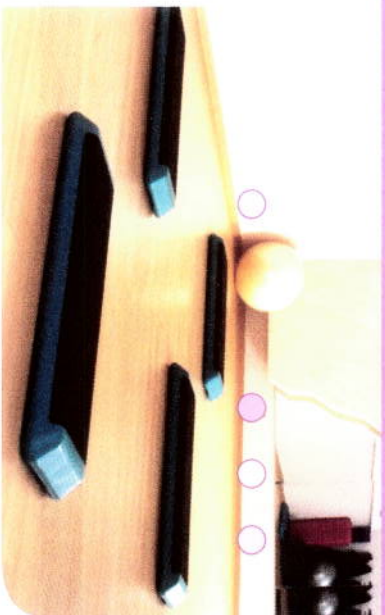


Commit to an Active, Healthy Lifestyle

Whether you are joining a gym for the first time or have had a long-term commitment to fitness, Medical Mutual of Ohio® supports you on your active, healthy lifestyle. To help save you money while you are getting fit, our SuperWell® Fitness Discount Program gives you access to the GlobalFit network.

GlobalFit offers Medical Mutual® members*:

- Access to more than 10,000 fitness clubs nationwide, including Bally's, Curves, World Gym and Ladies Workout Express
 - Low rates and flexible membership options
 - Membership transfer to any participating fitness club
 - Free trial workout (available at most fitness clubs)
- Plus, enjoy exclusive discounts on:
- Home workout videos and equipment
 - Online diet programs
 - Nutritional supplements



Joining is Easy

1. Contact GlobalFit

Online: Log on to My Health Plan on MedMutual.com; under Health & Wellness select Fitness and then click GlobalFit.

Phone: Call GlobalFit at 800/294-1500 and speak with a Customer Service Representative.

2. Choose the fitness club that is right for you.

Web site features information on locations, hours and amenities.

3. Select a convenient billing option.** Use a bank or major credit card account to set up monthly billing. A one-time affiliation fee will be charged.

Get a Free Guest Pass

You can take advantage of a free tour and trial workout† at a participating fitness club.

Get your free Guest Pass by logging on to My Health Plan on MedMutual.com; under Health & Wellness select Fitness and then click GlobalFit. Or call 800/294-1500.



Consult Your Physician

Before starting an exercise program, a complete physical is critical if you:

- Smoke.
- Are age 40 or older.
- Have high blood pressure or a history of heart disease.
- Are diabetic.
- Are more than 20 pounds overweight.

* These special rates are available only through GlobalFit and are not offered through the fitness club directly or available to the general public. This offer is made possible only through your employer, membership, health plan or group affiliation. Participation is for new memberships only – memberships are not available to clubs in which you are currently a member. Participation may not be available at all clubs.

**Savings or checking accounts can be used for enrollment only by calling GlobalFit. Online enrollment requires a major credit card.

† Free trial workout available at most fitness clubs.

To get started toward your goal of being slimmer, healthier and happier, call toll-free: **800/294-1500**

These recommendations are for your information only and do not take the place of, nor are intended to substitute for, professional advice from your doctor. Eligibility for services is subject to the specific terms of your benefit plan. This brochure is considered marketing material and gives members information about purchasing or using the service or product. Medical Mutual of Ohio has no financial ownership or incentive arrangement for the use of this product(s) or services.