



MEDICAL MUTUAL®

CAROLINA CARE PLAN | CONSUMERS LIFE

July 2011

Save More Money at Curves

As our member, you have access to our most rewarding incentives. Join Curves now through our [SuperWell® Fitness Discounts Program](#) and receive a discounted enrollment fee of \$19 - a savings of \$130 off the regular enrollment rate.

This discount applies to new memberships purchased between July 1, 2011 and June 30, 2012.

To receive the Curves discount and enroll, you will need to present the official voucher at participating locations. To obtain the voucher:

- Visit our website (i.e., MedMutual.com, ConsumersLife.com, or CarolinaCarePlan.com)
- [Log on to My Health Plan](#), click Health & Wellness and then Fitness Discounts.

If you don't have computer access, you can also receive a voucher by calling Customer Service at the number on your member identification card.

Our SuperWell Fitness Discount Program also provides discounts to the following fitness clubs:

- **Anytime Fitness** : 50 percent off stand enrollment and 10 percent off monthly dues. To receive the discount, present your member identification card at a participating club. [Follow this link to find a club in your area.](#)
- **Fitworks Fitness Center (Ohio only)**: 50 percent off the start-up fee. To receive the discount, present your member identification card at a



Like Medical Mutual
on Facebook.

Fresh from the Garden to Your Door

Our members have access to a family-run farm that grows healthy, nutritious, organic produce that previously had only been available to professional chefs.

The Chef's Garden grows more than 600 varieties of lettuce, greens, vegetables, herbs and micro greens (flavorful early leaves of vegetables, greens and herbs). After you place your order, the produce is packaged and shipped to your home by the box.

For more information or to shop The Chef's Garden, [log on to My Health Plan](#).

Enjoy Summer Fruit All Winter Long

You can store and freeze fresh summer berries and produce in air-tight containers to use during the winter months when they are expensive or not available from the grocery store.

participating club. [Follow this link to find a club in your area.](#)

- **Snap Fitness:** Free enrollment and 10 percent off monthly standard rates. A one-time global access security fee applies. To receive the discount, members must register online at [Snap Fitness' Medical Mutual Landing Page](#).

Exciting Facebook News

If you haven't visited yet, we have exciting things happening on our [Facebook page](#)!

In addition to our helpful health and wellness tips, we are now giving the people who "like" us a chance to win one of three state-of-the-art Vitamix machines. The promotion ends August 12, so don't delay. Like us today! And be sure to share the link with your friends.

'MyPlate' Should Be Your Plate

Do you have trouble with portion sizes when filling your plate? The USDA created the MyPlate icon to help us visualize a healthy diet.

To help you stay healthy and reach your weight and health goals, remember the following:

- Use a 9- or 10-inch plate for your meal
- Fill one-half of your plate with fruits and vegetables-cooked or raw
- Fill one-fourth of your plate with proteins (e.g., nuts, soy products, grilled or roasted meat)
- Fill one-fourth of your plate with whole grains
- Drink 8 ounces of low-fat or fat-free milk or soy beverage or eat one container of light yogurt

