

# Fitness Discounts & Programs

Take advantage of our partnership with Husk Wellness

Fitness can play a vital role in your health and happiness. Having access to practical exercise information and health clubs can help get you on the road to fitness. Medical Mutual has partnered with Husk Wellness to bring you valuable discounts and benefits.

## Get fit and save

Starting a new health and fitness program never been easier or more affordable. As a Medical Mutual member, you have access to the Husk Marketplace, which offers discounts on:

**Gyms and fitness centers** – from national chains to specialty studios

**Husk Nutrition** – evidence-based virtual health and nutrition programs

**Home equipment and tech** – exclusive equipment and wearable technology

**On-demand fitness** – all the benefits of group exercise classes in the comfort of your own home

**Mental health** – connects you with licensed therapists through technology

Learn more at: [marketplace.huskwellness.com/medmutual](https://marketplace.huskwellness.com/medmutual)

## Exercise precautions

If you are just starting an exercise program, or haven't exercised for a while, it's a good idea to build your activity gradually. There are also certain situations when you should consult with a physician before beginning an exercise routine, such as if you:

- Use tobacco products
- Are age 40 or older
- Have high blood pressure or have a history of heart disease
- Are diabetic
- Are more than 20 pounds overweight

Questions? Contact Customer Support at [customerservices@huskwellness.com](mailto:customerservices@huskwellness.com) or call 1-800-294-1500.

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