



# MUTUAL CHALLENGE

**Food for Thought: March 6 - April 16, 2023**  
Registration: February 20 - March 19, 2023

## Getting Started

### What is the Mutual Challenge?

Twice a year, Medical Mutual sponsors a Mutual Challenge. This challenge is open to all members and allows you to focus on improving your health and well-being while also giving back to the community by supporting a local charity. Join with Medical Mutual to Be Well and Give Back!

### About Food For Thought

The 2023 Spring Mutual Challenge - Food for Thought is offered through the wellness portal from Bravo. This 6-week challenge encourages members to take a look into their current nutrition habits and make focused effort to improve their food choices, all while working towards a challenge-end charitable giving component.

### Weekly Topics

- **Week 1:** Leverage your beverage
- **Week 2:** Carbs: The misunderstood food group
- **Week 3:** See you later, sweet tooth! It's been fun
- **Week 4:** Whole foods (the concept, not the grocery store)
- **Week 5:** Common nutrition questions
- **Week 6:** Building meal plans you'll stick to

## How to Register

1. Go to [MedMutual.com/Member](https://www.MedMutual.com/Member) and log in to your My Health Plan account.
2. Click Launch Now under Engage with Wellness on your My Health Plan Dashboard.
3. To enroll in the challenge, scroll to the bottom of the page, click **RESOURCES** and then Take a Look under Challenges, Device Sync and Wellness Content.
4. To enroll in the challenge, click **JOIN CHALLENGE** on your wellness portal dashboard.
5. You have now joined the challenge as an individual.
6. From the pop-up, please choose which charity you'd like to support during the challenge.

## How to Participate

- Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list. You can find tips and tricks for completing your to-dos in the challenge guide.
- For each time you check "I did this," you will receive 1 star. You must reach a minimum of 30 stars to complete the challenge.

## Charitable Giving Component

Upon enrollment, you will select a charity of your choice from the list of options. These charities are Medical Mutual customers. Each week, members will be encouraged to focus on their nutrition and complete daily tasks.

At the end of the challenge, Medical Mutual will make a donation to the top three charities with the most stars!