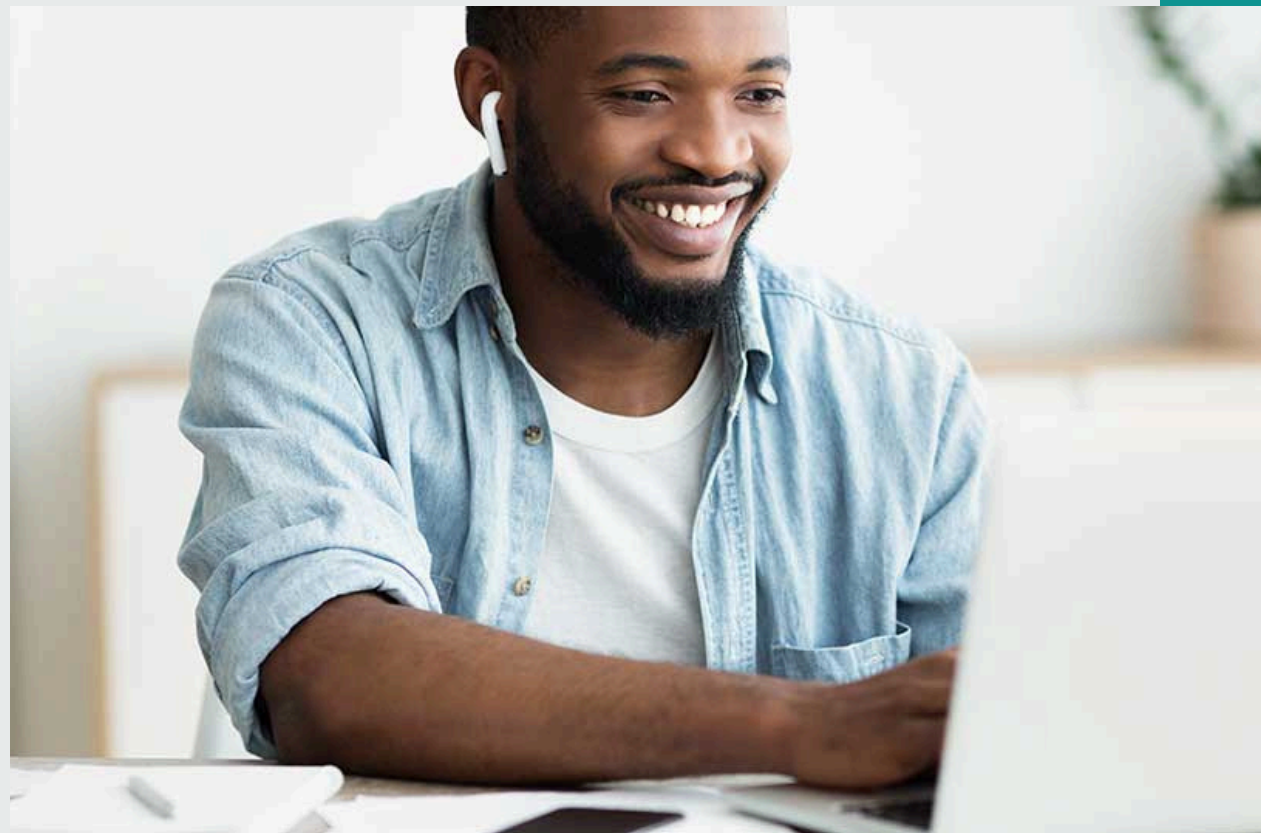


Smoking Cessation Course

Follow these instructions to enroll in the Smoking Cessation online course

1. Visit medmutual.com
2. Log in as Member, then Register New Account
3. Hover over the Healthy Living tab and choose Wellness Portal
4. Check the box under Terms, acknowledging you agree
5. Click on, Access Your Health Suite
6. Click on Courses
7. Search "Nicotine" and click the course, Quitting Tobacco and Nicotine (LivingFree)



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