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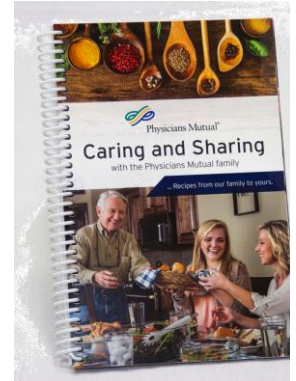
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**Physicians Mutual Launches New “Caring and Sharing” Cookbook**

OMAHA -- (January 31, 2017) — Physicians Mutual’s new “Caring and Sharing” Cookbook is now available to the public. The cookbook is a compilation of recipes from Physicians Mutual customers, employees, and agents from all over the country. It is available for purchase for \$8, which includes taxes and a donation to Food Bank of the Heartland. Shipping charges depend on the number of books per order.

This is the third cookbook produced by Physicians Mutual. The 189-page spiral-bound book was created to honor the tradition of sharing recipes as a way of caring for others. It includes sections for breakfast foods, appetizers, soups and stews, salads, breads, sides, main courses, and desserts. The cookbook also includes conversion charts for measurements and healthy substitutions.

The order form for the cookbook is available at [www.physiciansmutual.com](http://www.physiciansmutual.com). Order fulfillment is guaranteed through March 18, 2017.

**About Physicians Mutual**

Physicians Mutual Insurance Company and Physicians Life Insurance Company are members of the Physicians Mutual family. Physicians Mutual Insurance Company offers reliable Medicare Supplement, dental and supplemental health insurance. Physicians Life Insurance Company provides important life insurance coverage and annuities. They entered the funeral pre-planning market to help meet the growing needs of funeral home owners and the families they serve. The companies have more than \$3.6 billion in assets and consistently maintain some of the highest financial strength ratings in the nation from independent insurance analysts, including A.M. Best Company and Weiss Ratings.\* Founded in 1902, Physicians Mutual is headquartered in Omaha, Neb. To learn more about the company, please visit [www.PhysiciansMutual.com](http://www.PhysiciansMutual.com).

*\* Based on WeissRatings.com's Recommended List of Companies, an elite group of insurance companies representing the top 1% of the industry.*