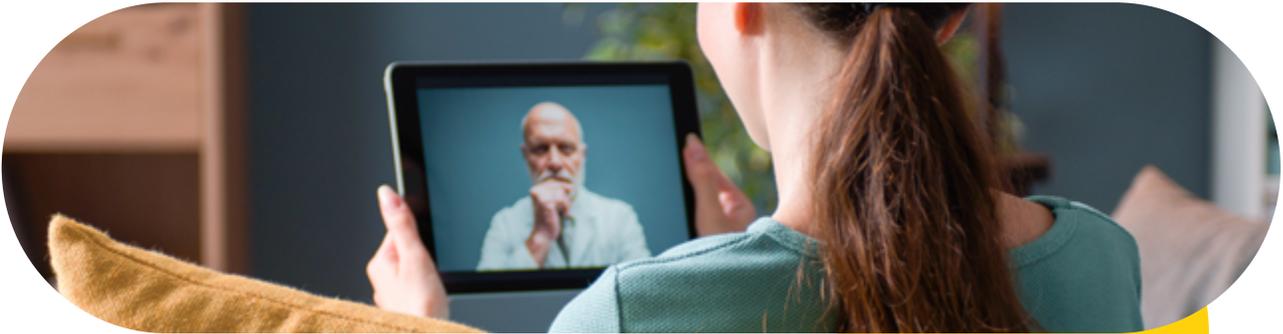




YOU'VE GOT WELLNESS BUILT IN

You deserve every opportunity to reach your health and wellness goals, with programs and resources built in to all that a Western Health Advantage plan offers for living a healthy lifestyle. Along with our network of clinical providers and other health partners, WHA supports medical innovation and promotes whole-person health to suit the various needs of the communities we serve. This brochure offers a look at the wellness benefits and services available on group and individual/family plans.



**western
health**

visit • mywha.org/wellness
everything you need to stay well

call • 916.563.2250; 888.563.2250 toll-free; TTY 711



Wellness Starts with Preventive Care

Make more informed decisions about your health

Preventive health guidelines include annual wellness exams, health screenings, and other services that are covered in your WHA health plan at no additional cost*, starting at birth through adulthood.

On our website, you can review easy-to-read, up-to-date immunization schedules as recommended by the Centers for Disease Control and Prevention. Your primary care physician (PCP) will advise which preventive measures are right for you or your family. By following these guidelines and schedules, you are taking important steps to safeguard your health.

To reward you and your family for taking the initiative on the path to healthy living, members have a chance to win gift cards just by completing their preventive screenings and immunizations.

Visit mywha.org/guidelines to learn more about preventive health and these incentives.

Your physical and mental health are equally important

If you or a loved one is living with depression, anxiety, a substance use disorder, or other mental health conditions, help is available through your WHA plan. WHA's partner is Optum, which offers a full spectrum of services, along with tools and resources to support you and your family. Sometimes, it's hard to know where to start or what type of provider you may need. You don't need a referral from your PCP, so Optum is here to help. Find information about behavioral health benefits at mywha.org/bh or by reviewing your plan documents.

*Coverage of these benefits depends on eligibility at the time of service. Plans may vary; check your plan documents for coverage and cost-sharing details.

Essential Care for Health Conditions

You've got the support and help you need

chronic condition management

mywha.org/dm

Members living with a chronic illness have access to helpful resources and a care manager to help them manage and control their condition. These programs are managed through our health solutions partner, Optum, and focus on the following chronic illnesses: asthma, coronary artery disease, and diabetes (both type 1 and type 2). This personalized support helps makes it easier for you to manage your health and related risk factors.

type 2 diabetes reversal

mywha.org/Virta

Virta Health is a telehealth program that reverses type 2 diabetes by helping participants lower blood sugar and A1C, reduce or eliminate diabetes medications, and lose weight. With hundreds of WHA members in the program and already seeing great results, this program includes a medical coaching team at your side with participants reporting more energy and less pain. The coaching, services, and (a value of \$3,000) is included with your WHA health plan.

hypertension management

mywha.org/Livongo

Livongo® offers advanced tools to help manage high blood pressure, such as a connected blood pressure monitor sent directly to your home, real-time advice on your readings, and personal coaching and support. Members diagnosed with hypertension (high blood pressure) may enroll in this program at no added cost.

acupuncture and chiropractic

mywha.org/cam

Your back, neck, and joint pain are the primary reasons to seek care such as acupuncture or chiropractic care. WHA plans include Complementary and Alternative Care (CAM) through our partner, Landmark Healthplan of CA, and services do not require a referral.

pain management

mywha.org/Kaia

Managing pain is easier through Kaia Health, an innovative digital physical therapy (PT) program and app to help with back, neck, and knee pain. Ideal for those who can't always get to in-person therapy or travel to appointments, Kaia's computer vision technology features real-time automated exercise feedback, function assessment, and gamified warm-ups for virtual therapy that is accessible anytime or anywhere.

nutritional counseling

mywha.org/nutrition

WHA is one of the first health plans in our area to offer support for weight management issues. Whether dealing with issues of obesity, eating disorders, or needed weight gain, eligible members who meet specified medical criteria may talk to their doctor to get a referral to a nutritionist for visits. You'll have the same cost-sharing that you would have for a primary care office visit.



Your Health is Personal

Choose programs that fit your lifestyle

personal health assessment

mywha.org/wellness

Healthroads® is an online health and well-being management tool where you complete an annual personal health assessment (PHA). You will receive a health scorecard that connects you with resources and information to help create an action plan and improve your health/score. It's a terrific proactive tool to further your health journey.

fitness center partnerships

mywha.org/fitness

WHA gives you reason to get active through our gym and fitness center partnerships. Active&Fit Direct™ offers you access to a wide range of fitness centers for a minimal monthly fee. We also offer discounts with other area fitness partners. Visit our website for a list of locations.

health and fitness discounts

mywha.org/discounts

Together with our Active&Fit™ partner, we bring ChooseHealthy® with savings on wellness products and services to help you discover new ways to live better every day. You'll get product discounts from 10% to 50% on popular health and fitness brands. Save money on therapeutic massage services through a network of practitioners. You may also get no-cost online health classes and other services to support a healthy lifestyle.

communityfit classes

mywha.org/communityfit

Join our popular online classes designed to boost confidence in body and mind. Led by a health and fitness coach, these creative exercises help develop strength and movement, and help you to stress less and feel your best.

online healthy recipe library

mywha.org/recipes

Browse hundreds of healthy recipes from reputable non-profit health organizations supporting heart health and other health conditions. Reap the benefits of a nutritionally sound lifestyle and a decreased risk of infections and disease, improved emotional well-being, healthy weight management, and lengthened longevity.

health classes and support groups

mywha.org/classes

Access instructor-led health education programs sponsored by our network's medical groups. Find classes or support groups in nutrition, parenting, pregnancy and childbirth, smoking cessation. Unless otherwise noted, most classes are free.

