

Your 2023 WHA plan



2022: Capital 250 Gold 80 HMO to 2023: Capital 250 Gold 80 HMO

This summary of benefit changes is intended as an overview only. Refer to applicable Copayment Summary and Combined Evidence of Coverage and Disclosure Form (EOC/DF) for full plan details.		
BENEFIT CHANGES	2022	2023
no plan changes		

Small Group Benefit Highlights



Acupuncture/Chiropractic

Landmark Healthplan of CA
mywha.org/cam



Mental Health

Behavioral Health Provider
mywha.org/bh



Virtual Physical Therapy*

Kaia Health™
mywha.org/Kaia



Disease Management

Optum Health™ + Virta Health
mywha.org/dm



Fitness Savings

ChooseHealthy® + Partners
mywha.org/fitness



Hypertension Support*

Livongo®
mywha.org/Livongo



24/7 Virtual Care

Teladoc® + WHA Network
mywha.org/virtualvisits



Pediatric Benefits

MESVision® + DeltaCare® USA
mywha.org/myplan



Nutrition Counseling*

WHA Network
mywha.org/nutrition



Smoking Cessation Coaching

Optum Health™
mywha.org/wellness



Pharmacy Benefits

OptumRx®
mywha.org/pharmacy



Travel Assistance

Assist America®
mywha.org/travel



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mywha.org/SGbenefits