

# Your 2023 WHA plan



## 2022: Gateway 7000 Bronze 60 HDHP HMO to 2023: Gateway 7000 Bronze 60 HDHP 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](http://mywha.org/cam)



### Mental Health

Behavioral Health Provider  
[mywha.org/bh](http://mywha.org/bh)



### Virtual Physical Therapy\*

Kaia Health™  
[mywha.org/Kaia](http://mywha.org/Kaia)



### Disease Management

Optum Health™ + Virta Health  
[mywha.org/dm](http://mywha.org/dm)



### Fitness Savings

ChooseHealthy® + Partners  
[mywha.org/fitness](http://mywha.org/fitness)



### Hypertension Support\*

Livongo®  
[mywha.org/Livongo](http://mywha.org/Livongo)



### 24/7 Virtual Care

Teladoc® + WHA Network  
[mywha.org/virtualvisits](http://mywha.org/virtualvisits)



### Pediatric Benefits

MESVision® + DeltaCare® USA  
[mywha.org/myplan](http://mywha.org/myplan)



### Nutrition Counseling\*

WHA Network  
[mywha.org/nutrition](http://mywha.org/nutrition)



### Smoking Cessation Coaching

Optum Health™  
[mywha.org/wellness](http://mywha.org/wellness)



### Pharmacy Benefits

OptumRx®  
[mywha.org/pharmacy](http://mywha.org/pharmacy)



### Travel Assistance

Assist America®  
[mywha.org/travel](http://mywha.org/travel)



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[mywha.org/SGbenefits](http://mywha.org/SGbenefits)