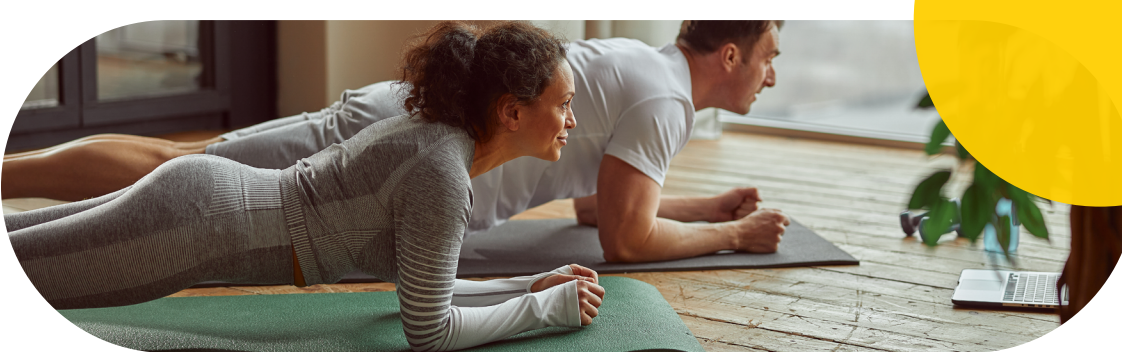




# YOU'VE GOT WELLNESS BUILT IN

You deserve every opportunity to reach your health and wellness goals, with programs and resources built into Western Health Advantage plans for living a healthy lifestyle. With a broad network of clinical providers and health partners, WHA supports medical innovation and a holistic approach to helping members get and stay healthy. Inside, you'll find WHA's wellness benefits and services available on many of our group and individual/family plans.\*



**western  
health**

**visit •** [mywha.org/wellness](https://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

Preventive health includes annual wellness exams, health and cancer screenings, well-baby and newborn exams, and preventive immunizations, which are covered in your WHA health plan at no additional cost\*. Visit WHA's website for preventive health guidelines including easy-to-read, up-to-date immunization schedules. Your primary care physician (PCP) will advise which preventive measures are right for you and your family. By following these guidelines and schedules, you are taking important steps to safeguard your health.

To reward you for taking the initiative on the path to healthy living, WHA may sometimes offer rewards, giving members a chance to win gift cards just by completing their preventive screenings and immunizations.

Visit [mywha.org/guidelines](https://mywha.org/guidelines) to learn more about preventive health and incentives.

### personal health assessment

[mywha.org/wellness](https://mywha.org/wellness)

Healthyroads® is an online health 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 create an action plan and improve your health/score. It's a terrific proactive tool to further your health journey.

### behavioral and mental health

[mywha.org/bh](https://mywha.org/bh)

Your mental health is integral to your overall health and well-being. 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. In partnership with Optum, WHA offers a full spectrum of services, along with tools and resources to support you and your family. You don't need a referral from your PCP. Contact Optum for access to qualified mental health professionals, resources and nearby facilities.

**\*Check your 2024 plan documents to see if you have these programs. WHA services depend on your plan and eligibility at the time of service.**

## Essential Care

You've got the support and resources you need

### chronic condition management

[mywha.org/dm](https://mywha.org/dm)

Members living with a chronic illness have access to helpful resources and a care manager to help them manage their condition. Members living with the following chronic illnesses: asthma, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), or diabetes (type 1 and type 2) may be eligible for personalized support to manage your health and related risk factors.

### diabetes prevention

[mywha.org/preventdiabetes](https://mywha.org/preventdiabetes)

For eligible members who are at risk of developing type 2 diabetes, this program provides personalized coaching, tracking tools, online group sessions, a scale, and exercise DVDs.

### type 2 diabetes reversal

[mywha.org/reverseddiabetes](https://mywha.org/reverseddiabetes)

Virta Health is a telehealth program that helps 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. The program, coaching, and supplies (a value of \$3,000) is included with your WHA health plan.

### hypertension management

[mywha.org/manageHBP](https://mywha.org/manageHBP)

For members over age 18 with high blood pressure (also known as hypertension), this program 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.

### smoking cessation

[mywha.org/quit4life](https://mywha.org/quit4life)

Quit for Life is a program for WHA members looking to overcome tobacco and nicotine addiction dependency. The program offers personal coaching by phone, chat, or text; online group sessions; and nicotine replacement therapy.

### nutritional counseling

[mywha.org/nutrition](https://mywha.org/nutrition)

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.

### pain management

[mywha.org/digitalPT](https://mywha.org/digitalPT)

Managing pain is easier through Kaia Health, an innovative digital physical therapy (PT) program and app to help with back, neck, and knee pain. When you can't get to in-person therapy or travel to appointments, AI-driven technology uses your mobile phone to deliver coaching and feedback, function assessment, and warm-ups for virtual therapy that is accessible anytime or anywhere.



## Supporting Your Healthy Lifestyle

Choose programs to keep you healthy and fit

### acupuncture and chiropractic

[mywha.org/cam](https://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.

### fitness center partnerships

[mywha.org/fitness](https://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.

### communityfit classes

[mywha.org/communityfit](https://mywha.org/communityfit)

Join our popular virtual 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.

### health classes and support groups

[mywha.org/classes](https://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.

### health and fitness discounts

[mywha.org/discounts](https://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. Get discounts from 10-50% on popular health and fitness brands. Save money on therapeutic massage services through a network of practitioners. Look for classes and other services to support a healthy lifestyle.

### online healthy recipe library

[mywha.org/recipes](https://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 improving emotional well-being, healthy weight management, and lengthened longevity.

### pregnancy and postpartum

[mywha.org/parentsupport](https://mywha.org/parentsupport)

In addition to WHA's healthy pregnancy benefits and resources, WHA also partnered with Maven Maternity for virtual support from coaches and specialists, along with educational materials for expectant parent/partner.

### weight loss management

[mywha.org/weightloss](https://mywha.org/weightloss)

This personalized, 52-week virtual weight loss management program includes 27/4 coaching, digital resources to track progress, a food scale, exercise DVDs, and online group sessions.

