

Western  
Health  
Advantage



# Make a Healthy Switch



**YOUR HEALTH BENEFITS** | 2021



**CalPERS**

[westernhealth.com/calpers](https://westernhealth.com/calpers)

**advantage** **you**



Western  
Health  
Advantage



advantage



**we are here for you**

It's that time of year again—open enrollment for your health coverage. If you're looking for an affordable, quality health plan, choose one designed to keep you, your family and budget healthy and happy. Western Health Advantage was designed to deliver the benefits and coverage you and your family need, along with the care and attention you deserve.

**Before you check the same health plan box as last year, check out your options with Western Health Advantage.**

**WHA CalPERS Member Services Team**

7 days a week, 7 a.m. to 8 p.m.

**888.WHA.PERS (888.942.7377)**

[whapers@westernhealth.com](mailto:whapers@westernhealth.com)



**[westernhealth.com/calpers](https://westernhealth.com/calpers)**



# DIRECTORY SEARCH

Visit [westernhealth.com/calpers](https://westernhealth.com/calpers) to search a full listing of primary care physicians, specialists, hospitals, pharmacies and urgent care centers in your area.



Use this step-by-step resource to help deliver the results you are looking for.

## 1. Choose the type of provider you are looking for:

- Primary Care Physician (PCP) — choose from: Family Medicine; General Practice; Internal Medicine; and Pediatrics.
- Specialist — examples include: Allergy; Cardiology; Dermatology; Obstetrics/Gynecology; Oncology; and Podiatry.
- Facility — examples include: Hospitals/Emergency Rooms; Pharmacies; Laboratories; and Urgent Care Centers.

## 2. Use optional search filters:

- If you would like to narrow your search to a specific type of PCP, specialist or facility, select the type from the drop-down menu.
- If you are looking for a specific provider or facility, enter the provider's last name or facility name and click submit.

## 3. Navigate search results:

- To get additional details about a provider, click on their address.
- From the map view, click the red marker to get details about the provider.
- To continue filtering your search results, choose the filter results option located at the top of your search results.

## 4. Select advanced filters to define your search:

From the filter results menu, narrow down your search results by:

- Provider type
- Specialty
- Medical group affiliation
- Panel status
- Effective date
- Languages spoken
- Gender

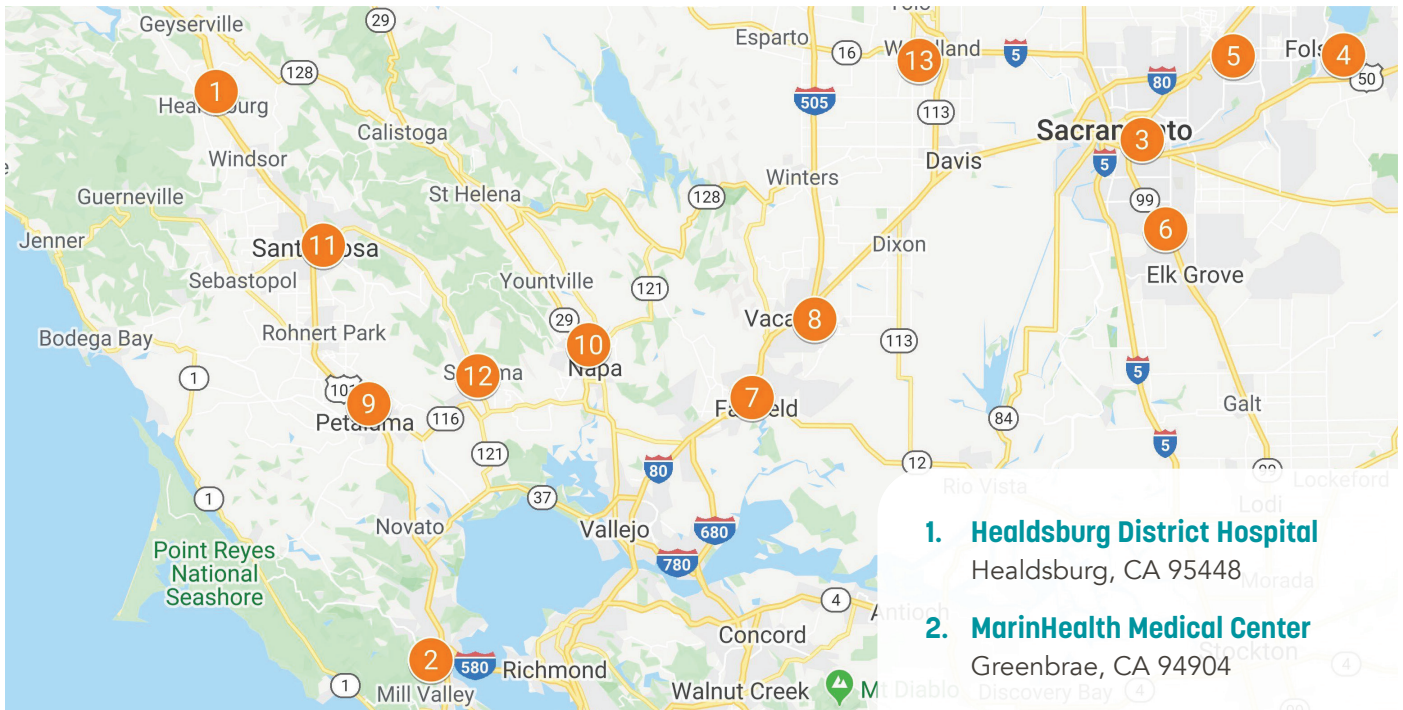
## 5. Capture your search results:

Once you've completed your search, simply click print results to generate a downloadable and printable PDF.

## Virtual Visits Covered on WHA Plans

Contact your doctor's office to learn about virtual care visits available to you. When a WHA network provider offers virtual visits, you will have the same low copayment that you would have for an office visit. Refer to your plan's Health Plan Benefits and Cost Matrix within your Evidence of Coverage and Disclosure Form (EOC/DF).

## Medical Groups & Hospitals



### Hill Physicians

800.445.5747  
hillphysicians.com



### Mercy Medical Group

916.733.3333  
mymercymedicalgroup.org



**Mercy Medical Group**  
A Service of Dignity Health Medical Foundation

### Meritage Medical Network

415.884.1840  
meritagemed.com



### NorthBay Healthcare

707.646.5500  
northbay.org



### St. Joseph Health Medical Network

844.234.0951  
psjhmedgroups.org/  
northern-california



### Woodland Clinic

530.668.2600  
woodlandhealthcare.org



**Woodland Clinic**  
A Service of Dignity Health Medical Foundation

### 1. Healdsburg District Hospital

Healdsburg, CA 95448

### 2. MarinHealth Medical Center

Greenbrae, CA 94904

### 3. Mercy General Hospital

Sacramento, CA 95819

### 4. Mercy Hospital of Folsom

Folsom, CA 95630

### 5. Mercy San Juan Hospital

Carmichael, CA 95608

### 6. Methodist Hospital of Sacramento

Sacramento, CA 95823

### 7. NorthBay Medical Center

Fairfield, CA 94533

### 8. NorthBay VacaValley Hospital

Vacaville, CA 95687

### 9. Petaluma Valley Hospital

Petaluma, CA 94954

### 10. Queen of the Valley Medical Center

Napa, CA 94558-2906

### 11. Santa Rosa Memorial Hospital

Santa Rosa, CA 95405

### 12. Sonoma Valley Hospital

Sonoma, CA 95476

### 13. Woodland Memorial Hospital

Woodland, CA 95695



## Health Plan Benefits and Cost Matrix: Western Health Advantage (HMO)

THIS MATRIX IS INTENDED TO BE USED TO HELP YOU COMPARE COVERAGE BENEFITS AND IS A SUMMARY ONLY. THE EVIDENCE OF COVERAGE AND DISCLOSURE FORM (EOC/DF) AND PLAN CONTRACT SHOULD BE CONSULTED FOR A DETAILED DESCRIPTION OF COVERAGE BENEFITS AND LIMITATIONS.

member responsibility	
	<b>Annual Deductible</b>
	\$0 There are no deductibles for the medical benefits under this plan.
	<b>Annual Out-of-Pocket Maximum</b>
	The out-of-pocket maximum is the most a member will pay in a calendar year for covered services. Once copayment costs reach the annual out-of-pocket maximum, WHA will cover 100% of the covered services for the remainder of the calendar year. Amounts for non-covered services, and for certain covered services as noted below, do not count toward a member's out-of-pocket maximum.
	\$1,500 Self-only coverage
	\$1,500 Individual with Family coverage
	\$3,000 Family coverage
	<b>Lifetime Maximum</b>
	unlimited There are no lifetime maximums for this plan
cost to member	
	<b>Preventive Care Services</b>
	\$0 Preventive care services, including related laboratory tests and radiology, as outlined under the Preventive Services Covered without Cost-Sharing section of the Evidence of Coverage and Disclosure Form (EOC/DF). See additional benefit information at <a href="http://mywha.org/preventive">mywha.org/preventive</a> .
	• Annual physical examinations and well baby care
	• Immunizations, adult and pediatric
	• Women's preventive services
	• Routine prenatal care and lab tests, first post-natal visit and breastfeeding support, supplies and counseling
	• Breast, cervical, prostate, colorectal and other generally accepted cancer screenings
	Note: Procedures resulting from screenings are not considered preventive care. In order for a service to be considered "preventive," the service must have been provided or ordered by your PCP or OB/GYN, and the primary purpose of the visits must have been to obtain the preventive service. Otherwise, you will be responsible for the cost of the office visit as described in this copayment summary.
	<b>Professional Services</b>
	\$15 per visit Office or virtual visits, Primary Care Physician (PCP)
	\$15 per visit Office or virtual visits, specialist
	\$0 Vision, hearing and audiological exams
	\$0 Family planning services, including injectable contraceptives
	<b>Outpatient Services</b>
	Outpatient surgery
	\$15 per visit • Performed in office setting
	\$0 • Performed in facility
	Dialysis, infusion therapy and radiation therapy
	\$0 • Performed in office setting
	\$0 • Performed in facility
	\$0 Laboratory tests, X-ray and diagnostic imaging
	\$0 Allergy testing and allergy shots
	<b>Hospitalization</b>
	\$0 Facility fees – semi-private room and board and hospital services for acute care or intensive care, including:
	• Newborn delivery (private room when determined medically necessary by a participating provider)
	• Use of operating and recovery room, anesthesia, inpatient drugs, X-ray, laboratory, radiation therapy, blood transfusion services, rehabilitative services, and nursery care for newborns
	\$0 Professional inpatient services, including physician, surgeon, anesthesiologist and consultant services

## cost to member **Urgent and Emergency Services**

Outpatient care to treat an injury or sudden onset of an acute illness within or outside the WHA Service Area:

- \$15 per visit • Physician's office
- \$15 per visit • Urgent care virtual visit
- \$15 per visit • Urgent care center
- \$50 per visit • Emergency room (waived if admitted)
- \$0 • Ambulance service as medically necessary or in a life-threatening emergency (including 911)

## **Durable Medical Equipment (DME)**

- \$0 Durable medical equipment, when determined by a participating physician to be medically necessary and when authorized in advance by WHA, including diabetic supplies, orthotics and prosthetics:

- Diabetic supplies
- Orthotics and prosthetics
- Eyeglasses or contact lenses following cataract surgery

## **Behavioral Health Services: Mental Health Disorders and Substance Abuse**

- \$15 per visit • Office or virtual visits and group therapy
- \$0 • Other outpatient items and services, including intensive outpatient, partial hospitalization, day treatment programs and home-based applied behavioral analysis for treatment of autism
- \$0 • Inpatient hospital services, including detoxification—provided at a participating acute care facility or residential treatment center
- \$0 • Inpatient professional services, including physician services

Mental health disorders means disturbances or disorders of mental, emotional or behavioral functioning, including Severe Mental Illness and Serious Emotional Disturbance of Children (SED).

## **Other Health Services**

- \$15 per visit Physical, occupational and speech therapy—NOTE: The copayment listed is required for any physical, occupational or speech therapy rendered, regardless of the point of service or therapeutic intent.
- \$0 Skilled nursing facility, semi-private room and board, when medically necessary and arranged by a primary care physician, including drugs and prescribed ancillary services, up to 100 days per calendar year
- \$0 Home health care when prescribed by a participating physician and determined to be medically necessary
- \$0 Habilitation and outpatient rehabilitative services
- \$0 Inpatient rehabilitation
- \$0 Hospice services

- 50% of charges\* Infertility testing and treatment services—artificial insemination\*\*

- \$15 per visit Acupuncture and chiropractic services, provided through Landmark Healthplan of California, Inc., no PCP referral required—NOTE: 20 visits per year maximum (acupuncture and chiropractic combined).
  - Acupuncture
  - Chiropractic care\*\*

Amounts in excess of maximum benefit Hearing aids or ear molds; \$1,000 maximum benefit per 36 months\*\*

## **Prescription Coverage\*\***

Prescription drugs are not covered by WHA. They are covered through **OptumRx**, the supplemental coverage provided by your employer. More information about prescription drug coverage is available at [www.optumrx.com/calpers](http://www.optumrx.com/calpers).

- \$0 Generic Formulary and prescribed over-the-counter contraceptives for women

### **Walk-in pharmacy (up to 30-day supply)**

- \$5 Generic Formulary medication
- \$20 Brand Formulary medication
- \$50 Non-Formulary medication

### **Mail order (up to 100-day supply, up to \$1,000 annual max)**

- \$10 Generic Formulary medication
- \$40 Brand Formulary medication
- \$100 Non-Formulary medication

\* Charges are based upon WHA's contracted rates.

\*\* Copayments do not contribute to the medical out-of-pocket maximum.



# MENTAL HEALTH



**Behavioral health and substance abuse services without a referral from your primary care provider.**

See [westernhealth.com/calpers](https://westernhealth.com/calpers) to search WHA's customized Magellan provider directory. Find the care you need close to home or work or virtually.

Follow the link to the Magellan website, create an account and discover the online resource available to WHA members. Use interactive tools like self assessments and calculators or browse the on-demand learning topics.

#### **Take advantage of virtual visits**

- Accessibility during social distancing
- Faster access to services
- Flexible appointment times
- Completely confidential
- Offered at the same cost sharing of an office visit\*

#### **RESTORE® Mobile App**

Magellan Healthcare is providing this free digital cognitive behavioral therapy (DCBT) mobile app for individuals experiencing sleep difficulty and insomnia related to COVID-19.

\*Refer to your plan's Health Plan Benefits and Cost Matrix for cost-sharing.

## **As a WHA member, your behavioral health benefits are managed through our partner, Magellan Health.**

Benefits may include inpatient care, outpatient care, psychiatrist evaluation and office visits, and substance abuse treatment, as defined in your plan. Magellan care managers are skilled mental health and substance abuse experts. They work as an advocate for you. Their purpose is to assess your situation and ensure that you or your eligible dependents receive the type of assistance or care required to help relieve your concern or resolve your problem in a timely way.

## **Free 24-Hour Crisis Line from Magellan**

Magellan opened a 24-hour crisis line [800.327.7451], offered to WHA members free-of-charge, to assist individuals as they try to cope with feelings of fear, sadness, anger and hopelessness related to the difficult times our country is facing. Crisis line callers will speak directly to a masters-level, certified licensed mental health clinician.

This is a summary of the highlights of behavioral health coverage included in WHA plans. For complete benefit information, members can refer to the Combined Evidence of Coverage and Disclosure Form (EOC/DF) on [westernhealth.com/calpers](https://westernhealth.com/calpers); also available upon request.





# ALTERNATIVE MEDICINE

**Complementary and alternative medicine benefits are provided by our partner, Landmark Healthplan of California, Inc.**

Your medical plan includes up to 20 visits annually [acupuncture and chiropractic care combined].

Copayment: \$15 per visit (chiropractic services do not contribute to annual out-of-pocket maximum).

PCP referral is not required to receive covered services.



**Acupuncture.** Covers treatment of pain related to acute neuromusculoskeletal conditions such as dysfunction of the neck, back or joints, headaches, carpal tunnel, arthritis, allergies and asthma.

Typically covered acupuncture services include:

- Evaluation
- Manual stimulation
- Electroacupuncture
- Moxibustion
- Acupressure
- Cupping



**Chiropractic services.** Covers treatment of pain related to acute neuromusculoskeletal conditions such as low back pain, sprains and strains, headaches, neck pain and muscle spasms.

Typically covered chiropractic services include:

- History
- Conjunctive physiotherapy
- Examination
- X-rays
- Manipulation

This information is a summary of the highlights of behavioral health coverage included in WHA plans. For complete benefit information, members can refer to the Combined Evidence of Coverage and Disclosure Form (EOC/DF) on the available at [westernhealth.com/calpers](http://westernhealth.com/calpers); also available upon request.



# MyWHA WELLNESS



## Online, personal wellness portal

WHA's MyWHA Wellness program helps you set personal wellness goals while providing easy online tools to help you achieve those goals. Your health and wellness portal is the central hub for all wellness program components. Start by taking the wellness assessment, which will give you a wellness score along with a personalized report about your medical and behavioral health risks. Within the portal you can set individual health goals, get personalized action plans, track your progress, access helpful health content and be part of a supportive online community.

## 24/7 nurse advice via chat or phone

You have 24/7 access to a nurse advice line staffed with California licensed registered nurses. With Nurse24, you can speak directly with a nurse by calling our dedicated phone number or even chat online. Nurse24 also has interpreters available upon request. Registered nurses are available to answer any of your health questions, including direct referrals to disease management nurses.

## Disease management programs

Through our partnership with Optum®, WHA offers no-cost disease management programs to eligible members living with the following conditions: Asthma; Congestive Heart Failure; Coronary Artery Disease; Chronic Obstructive Pulmonary Disease; Diabetes; and High-Risk Maternity. Programs are voluntary, where participants can "opt out" at any time by contacting Optum or WHA's Member Services.



---

## Diabetes prevention program

WHA has partnered with Optum to provide their no-cost Real Appeal: Diabetes Prevention program to members who are at risk for type 2 diabetes. This program is designed to help participants take small, doable steps that lead to big results. Participants receive personalized coaching, tracking tools, weekly online group classes and a kickoff success kit that includes a scale, pedometer, exercise DVDs and more.

## Gym and fitness center discounts

WHA makes the decision to be active a little easier through gym and fitness center discounts. Discover Active&Fit Direct®, which allows you access to a wide range of fitness centers for a minimal monthly fee. Other area partners include: California Family Fitness; HealthSpring Fitness (Vacaville); Spare Time Clubs; and Synergy Health Club (Petaluma and Napa). Visit our website to get an up-to-date list of gym partners with details. Be sure to let them know you are a WHA member, showing them your member ID card when applicable.

## Classes and support groups

You have access to most of the instructor-led health education programs and classes sponsored by our network's medical groups, even those not connected to your primary care physician's medical group. You will find many classes, programs and/or support groups in these areas: diabetes, fitness, heart and vascular, lung health, nutrition, orthopedics, parenting, pregnancy and childbirth as well as smoking cessation. Unless otherwise noted, most health programs or classes are free.

## Preventive care resources

Preventive guidelines are designed to help you make more informed decisions about your health. WHA wants you to know that by following these guidelines and working with your doctor you are taking important steps to safeguard your health. Guidelines include health screenings, tests and other services that are available to you at no additional cost\*, starting at birth through adulthood. WHA also includes easy-to-read, up-to-date immunization schedules as recommended by the Centers for Disease Control and Prevention. \*Coverage for WHA services depends on eligibility at the time of service.

## Library and decision aids

WHA's wellness library covers a variety of health topics and includes an interactive program known as Decision Aids that guides you through important health decisions. Decision Aids combines medical information with your personal values on medical tests, medicines, surgeries and other treatments. It guides you to make informed decisions about your health care. Good health decisions take into account the benefits, risks and costs of each option along with your own needs and wants.

## Healthy and delicious recipes

The benefits of a nutritionally sound lifestyle are countless and include decreased risk for and treatment of infections and disease, improved emotional well-being, healthy weight management and lengthened longevity. Using the WHA website, you can browse hundreds of healthy recipes from reputable non-profit health organizations such as: American Heart Association, American Diabetes Association and the American Cancer Society.



# ASSIST AMERICA



## Providing assistance services worldwide when traveling 100 miles or more from home.

Assist America is closely monitoring the latest COVID-19 developments and has adapted its emergency assistance offering in accordance with CDC and WHO guidelines. Additional benefits include:

- > Testing Site Referral: Trained, multilingual assistance personnel can help locate COVID-19 testing facilities near member's location.
- > Medical Monitoring: If a member has COVID-19, will monitor member's medical condition through the quarantine process and liaise with health plan.
- > Stranded Traveler Assistance: If stranded while traveling due to COVID-19 travel restrictions, experienced travel assistance coordinators will help member make arrangements to return home, when legally permissible.
- > Digital Resources: Up-to-date COVID-19 info can be found on a dedicated landing page on Assist America's website and mobile app and via weekly COVID-19 emails. Visit [assistamerica.com](https://assistamerica.com).

### **Anytime you travel 100 miles or more away from home, even in a foreign country, WHA members benefit from assistance services from Assist America.**

Assist America's experienced crisis management professionals work out of a state-of-the-art operations center, 24 hours a day, 7 days a week, offering worldwide response capabilities to provide you with these benefits and more.

- A global network of expert medical providers
- Medical consultation, evaluation and referral
- Prescription assistance
- Foreign hospital admission assistance
- Critical care monitoring and case management
- Emergency medical evacuation
- Emergency message transmission
- Care of minor children
- Compassionate visit
- Legal and interpreter referrals
- Lost luggage or document assistance
- Pre-trip information

Note: Urgent care and emergency care services are covered under your WHA health plan wherever you are in the world.



# DIGITAL ACCESS



## Sign up for access to your MyWHA account

Your personalized account at [westernhealth.com/calpers](https://westernhealth.com/calpers) helps in managing your health plan with the convenience of any-time access. Create an account at [mywha.org/signup](https://mywha.org/signup). All it takes is an email address and some basic personal information. Find a variety of resources to help you make the most of your health plan any time of day.

- Print a temporary member ID card
- Change your primary care physician (PCP)
- Review your plan documents
- Find a mental health provider
- Connect to your pharmacy benefits
- Search for a doctor or facility
- Access 24/7 nurse advice
- Review your out-of-pocket expenses
- Discover wellness resources

## Access your doctor online or via email

Depending on your medical group's online capabilities, you have options for staying connected with your doctor. You may be able to email your doctor, schedule an appointment, view lab results, or even request a video visit.

## Access plan/benefits from devices

To download these apps, search the App Store or Google Play, or scan the QR code at right:



- **MyWHA by Western Health Advantage**  
Access your digital WHA Member ID card; One-touch call to your PCP; Get directions to your PCP's office; Look up benefit details about your plan
- **Assist America Mobile**  
Access to your digital membership card; One-touch call to 24/7 Emergency Operations Center; Travel Status Indicator (lets members know when they are eligible for services); Global Embassy and U.S. Pharmacy locators



Western Health Advantage complies with applicable Federal and California civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability, as applicable. Western Health Advantage does not exclude people or treat them differently because of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability.

Western Health Advantage:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Member Services Manager at 888.WHA.PERS (888.942.7377) and find more information online at <https://www.westernhealth.com/legal/non-discrimination-notice/>.

If you believe that Western Health Advantage has failed to provide these services or discriminated in another way on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability, you can file a grievance by telephone, mail, fax, email, or online with: Member Services Manager, 2349 Gateway Oaks Drive, Suite 100, Sacramento, CA 95833, 888.942.7377, 888.877.5378 (TTY), 916.568.0126 (fax), [whapers@westernhealth.com](mailto:whapers@westernhealth.com), <https://www.westernhealth.com/legal/grievance-form/>. If you need help filing a grievance, the Member Services Manager is available to help you. For more information about the Western Health Advantage grievance process and your grievance rights with the California Department of Managed Health Care, please visit our website at <https://www.westernhealth.com/legal/grievance-form/>.

If there is a concern of discrimination based on race, color, national origin, age, disability, or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at:

Website: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>; Mail: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201; Phone: 800.368.1019 or 800.537.7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

---

#### ENGLISH

If you, or someone you're helping, have questions about Western Health Advantage, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 888.942.7377 or TTY 888.877.5378.

#### SPANISH

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Western Health Advantage, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 888.942.7377, o al TTY 888.877.5378 si tiene dificultades auditivas.

#### CHINESE

如果您，或是您正在協助的對象，有關於Western Health Advantage方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話888.942.7377或聽障人士專線(TTY) 888.877.5378。

#### VIETNAMESE

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Western Health Advantage, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi số 888.942.7377, hoặc gọi đường dây TTY dành cho người khiếm thính tại số 888.877.5378.

#### TAGALOG

Kung ikaw, o ang iyong tinutulungan, ay may mga katanungan tungkol sa Western Health Advantage, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 888.942.7377 o TTY para sa may kapansanan sa pandinig sa 888.877.5378.

## KOREAN

만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Western Health Advantage에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담 없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 888.942.7377이나 청각 장애인용 TTY 888.877.5378로 연락하십시오.

## ARMENIAN

Եթե Դուք կամ Ձեր կողմից օգնություն ստացող անձը հարցեր ունի Western Health Advantage-ի մասին, Դուք իրավունք ունեք անվճար օգնություն և տեղեկություններ ստանալու Ձեր նախընտրած լեզվով: Թարգմանչի հետ խոսելու համար զանգահարե՛ք 888.942.7377 համարով կամ TTY 888.877.5378՝ լսողության հետ խնդիրներ ունեցողների համար:

## PERSIAN-FARSI

اگر شما، یا کسی که شما به او کمک میکنید، سوال در مورد Western Health Advantage (وسترن هلث آدونتیج) داشته باشید حق این را دارید که کمک و اطلاعات به زبان خود را به طور رایگان دریافت نمایید. لطفاً با شماره تلفن 888.942.7377 تماس بگیرید. افراد ناشنوا می توانند به شماره 888.877.5378 پیام تاپیی ارسال کنند

## RUSSIAN

Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Western Health Advantage, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 888.942.7377 или воспользуйтесь линией TTY для лиц с нарушениями слуха по номеру 888.877.5378.

## JAPANESE

ご本人様、またはお客様の身の回りの方でも、Western Health Advantageについてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、888.942.7377までお電話ください。聴覚障がい者用TTYをご利用の場合は、888.877.5378までお電話ください。

## ARABIC

إن كان لديك أو لدى شخص تساعد أسئلة بخصوص Western Health Advantage، فلديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 888.942.7377، أو برقم لهاتف النصي (TTY) لضعاف السمع 888.877.5378.

## PUNJABI

ਜੇਕਰ ਤੁਸੀਂ, ਜਾਂ ਜਿਸ ਕਿਸੇ ਦੀ ਤੁਸੀਂ ਮਦਦ ਕਰ ਰਹੇ ਹੋ, ਦੇ Western Health Advantage ਬਾਰੇ ਸਵਾਲ ਹਨ ਤਾਂ, ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਅਤੇ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ। ਦੁਭਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ, 888.942.7377 'ਤੇ ਜਾਂ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸੁਣਨ ਵਿੱਚ ਅਸਮਰਥ ਟੀਟੀਵਾਈ ਲਈ 888.877.5378 'ਤੇ ਕਾਲ ਕਰੋ।

## CAMBODIAN-MON-KHMER

ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលកំពុងជួយអ្នក មានសំណួរអំពី Western Health Advantage ទេ, អ្នកមានសិទ្ធិទទួលជំនួយនឹងព័ត៌មាននៅក្នុងភាសាបស្ចឹម ដោយមិនអស់ប្រាក់។ ដើម្បីនិយាយជាមួយអ្នកបកប្រែ សូមទូរស័ព្ទ 888.942.7377 ឬ TTY សម្រាប់អ្នកត្រចៀកធ្ងន់ តាមលេខ 888.877.5378។

## HMONG

Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Western Health Advantage, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj. Yog koj xav nrog ib tug neeg txhais lus tham, hu rau 888.942.7377 los sis TTY rau cov neeg uas tsis hnov lus zoo nyob ntawm 888.877.5378.

## HINDI

यदि आप, या जिस किसी की आप मदद कर रहे हो, के Western Health Advantage के बारे में प्रश्न हैं तो, आपको अपनी भाषा में मदद तथा जानकारी प्राप्त करने का अधिकार है। दुभाषिए के साथ बात करने के लिए, 888.942.7377 पर या पूरी तरह श्रवण में असमर्थ टीटीवाई के लिए 888.877.5378 पर कॉल करो।

## THAI

หากคุณ หรือคนที่คุณกำลังช่วยเหลือมีคำถามเกี่ยวกับ Western Health Advantage คุณมีสิทธิที่จะได้รับความช่วยเหลือและข้อมูลในภาษาของคุณได้โดยไม่มีค่าใช้จ่าย เพื่อพูดคุยกับล่าม โทร 888.942.7377 หรือใช้TTY สำหรับคนหูหนวกโดยโทร 888.877.5378

Western  
Health  
Advantage



advantage > you

Western Health  
Advantage

 CalPERS

**WHA CalPERS Member Services Team**

7 days a week, 7 a.m. to 8 p.m.

**888.WHA.PERS** (888.942.7377)

[whapers@westernhealth.com](mailto:whapers@westernhealth.com)



**[westernhealth.com/calpers](https://westernhealth.com/calpers)**