

# 5 wellness resources for a healthier future

## 1 DIABETES MANAGEMENT PROGRAM

WHA's diabetes program, provided through Optum® (formerly Alere™) is designed to help manage your condition through coaching and/or educational material, at no cost to you. You can apply to the program by completing the disease management referral form available online at [mywha.org/dm](http://mywha.org/dm). You can also contact Optum directly at 877.793.3655.

## 2 ONLINE WELLNESS PORTAL

Your health and wellness portal at [mywha.org/wellness](http://mywha.org/wellness) is the central hub for all Optum program components. You can get started with online tools by taking the wellness assessment. Upon completion, you will receive a wellness score and personalized report about your medical and behavioral health risks. You can set individual health goals, get personalized action plans, track your progress, access helpful health content and be part of a vibrant online community. With healthy recipes, videos, podcasts and informative articles, you'll find endless inspiration to help you reach your health improvement goals.

## 3 24/7 NURSE ADVICE

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 [877.793.3655] or even chat online at [mywha.org/nurse24](http://mywha.org/nurse24). 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.

## 4 INSTRUCTOR-LED CLASSES AND SUPPORT GROUPS

As a WHA member you have access to most 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. Visit [mywha.org/classes](http://mywha.org/classes) for details.

## 5 GYM DISCOUNTS

WHA makes the decision to be active a little easier through gym and fitness center discounts. Learn more by visiting a gym or fitness center from the preferred list on our website at [mywha.org/gyms](http://mywha.org/gyms). When asking about special pricing, corporate discounts or benefits, let them know that you are a Western Health Advantage member. Be sure to show them your member ID card.

Western  
Health  
Advantage



Membership with WHA means keeping you healthy.

[westernhealth.com](http://westernhealth.com)  
916.563.2250 | 888.563.2250

advantage > you

# living with diabetes

# LOWER YOUR RISK

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Western Health Advantage is dedicated to ensuring that you discover the benefits of preventive care. On your next doctor visit, we encourage you to discuss this resource and ask how you can take advantage of WHA's diabetes incentive program. To learn more about diabetes and to complete the incentive form, visit [mywha.org/diabetes](https://mywha.org/diabetes).

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**Living successfully with diabetes doesn't have to be difficult. Take charge of your health. Knowing how your blood sugar levels and blood pressure affect your overall health will help empower you to know what you need to do to live well with diabetes.**

**Do you know what your A1c blood sugar (glucose) level is?** A1c is a blood test that tells your doctor how well your blood sugar is being controlled (on average) over a 2- to 3-month period. Generally, an A1c less than (<) 7% is preferred; however, this can vary if you have other conditions such as Diabetes. Check with your doctor about the level that he or she believes is reasonable for your individual health needs. An A1c test is recommended up to four times a year. Your doctor will determine how often based on your individual health needs.

**Do you know what your blood pressure is?** For those living with diabetes, the general goal is to keep your blood pressure less than 140/90, while some studies suggest less than 130/80 is more desirable. Discuss with your doctor the blood pressure level you need to maintain for your personal health needs.

**Are you smoking?** Stopping the cigarette habit greatly improves your risk factors. Smoking decreases the amount of oxygen reaching tissues that can damage small blood vessels, particularly in the hands, feet, kidneys and eyes. Smoking cessation classes can help you get on the right path. Learn more by visiting [mywha.org/quit](https://mywha.org/quit).

**Had your feet checked lately?** Living with diabetes also means knowing about the importance of foot care. Your doctor will want to check your feet at least annually to detect any signs of trouble with circulation, nerve damage or the overall condition of your feet. Prevention begins with you. Smoking and high blood sugar levels can significantly affect the health of your feet. Check them daily and make sure after you shower or bathe to dry thoroughly, especially in-between the toes, to avoid skin breakdowns and infections. Wear well-fitting protective shoes and break in new shoes gradually to avoid blisters and other injuries. Learn more at [diabetes.org/living-with-diabetes/complications/foot-complications](https://diabetes.org/living-with-diabetes/complications/foot-complications).

**Can diabetes affect your kidneys?** Yes, kidneys are remarkable organs. Inside them are millions of tiny blood vessels that remove waste products from blood. Diabetes can damage the kidneys and cause them to fail—they lose the ability to filter out waste products—resulting in kidney disease. By keeping your diabetes and blood pressure under control you lower the chance of getting kidney disease. It is vital to see a doctor regularly to make sure your diabetes is under control. Be sure to check your blood pressure and get foot exams regularly.

**Have you had your annual dilated retinal eye exam?** Living with diabetes means that it's important to take extra care of your eyes. A yearly dilated retinal eye test is so important—it can detect early signs of a condition known as retinopathy, which is caused by diabetes. Having this test once a year by an ophthalmologist can help your doctor know if you need treatment to prevent further damage.