

Your 2023 WHA plan



2022: Capital 20 Platinum 90 HMO to 2023: Capital 20 Platinum 90 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



CLICK/SCAN TO LEARN MORE
mywha.org/SGbenefits

916.563.2250 | 888.563.2250 toll-free | 888.877.5378 TTY

*AVAILABLE ON GROUP PLANS ONLY | 060122