

# Your 2023 WHA plan



## 2022: Capital 6300 Bronze 60 HMO to 2023: Capital 6300 Bronze 60 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)



CLICK/SCAN TO LEARN MORE  
[mywha.org/SGbenefits](http://mywha.org/SGbenefits)

916.563.2250 | 888.563.2250 toll-free | 888.877.5378 TTY

\*AVAILABLE ON GROUP PLANS ONLY | 060122