



**Convenient care +
comprehensive coverage.**

Made possible by  **westernhealth**

 **Dignity Health®**

Table of Contents

Expert Care + Personal Coverage	1
The Dignity Health Difference	2
Mercy Medical Group	2
Woodland Clinic	2
Dignity Health Medical Complexes and Services	3
Patient Benefits	4
Awards and Recognition	4
Hill Physicians Medical Group	5
Programs and Services	5
Awards and Recognition	6
Access to Care	7
Dignity Health Hospital Services	8
Award-Winning Institutes	9
Dignity Health Heart and Vascular Institute of Greater Sacramento	9
Dignity Health Neurological Institute of Northern California	9
Dignity Health Cancer Institute of Greater Sacramento	10
Western Health Advantage	11

Expert Care + Personal Coverage

Western Health Advantage—the local plan that doctors trust—is a partner of Dignity Health, the largest hospital provider in California. Together, Western Health Advantage and Dignity Health offer comprehensive coverage and plenty of health care options, including access to doctors from Dignity Health Mercy Medical Group, Dignity Health Woodland Clinic and Hill Physicians Medical Group.

From your first consultation through lifelong care and systemwide support, you've got all you need in one team. Throughout the Greater Sacramento area, Dignity Health is known for excellence in patient care with nationally ranked hospitals, programs and specialties. We believe humanity and kindness are truly at the heart of healing—and that exceptional care begins with listening. We deliver a great experience by keeping our patients at the center of everything we do.



The Dignity Health Difference



Dignity Health Medical Foundation in Greater Sacramento includes Mercy Medical Group and Woodland Clinic, together delivering high-quality, compassionate health care for all. We put that belief into practice by providing the resources you need, including more than 700 providers across 32 locations covering primary care and more than 45 specialties. Yet that only tells part of the story.



A Service of Dignity Health Medical Foundation

By choosing a Mercy Medical Group primary care physician, patients have access to an advocate to coordinate their care across our broad network of specialists and medical services. Through every stage of life, our doctors are here to make the health care experience the best it can be. Mercy Medical Group comprises over 200 primary care providers and nearly 350 specialty providers—and has been caring for our Greater Sacramento communities for more than 55 years.



A Service of Dignity Health Medical Foundation


Woodland Clinic is part of an integrated health system that has been providing exceptional care to the residents of Woodland, Davis and the surrounding communities for more than 100 years. We are the largest health care provider in Yolo County with more than 155 providers and multi-specialty medical complexes in Woodland and Davis. Additionally, our Urgent Care is open seven days a week, providing both in-person and virtual care to the Yolo County community.

Dignity Health Medical Complexes and Services

With 32 locations throughout Greater Sacramento and Yolo Counties, you're sure to find a convenient Mercy Medical Group or Woodland Clinic location close to home or work, including 12 Medical Complexes with a variety of services available in one location, like primary and specialty care, labs and imaging.



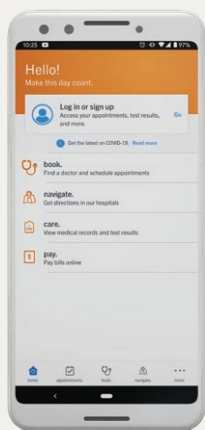
Dignity Health Medical Complexes

	<div><div></div><div>Dignity Health Medical Complexes</div></div>																									
	Cameron Park	Citrus Heights	Davis	Carmichael - Mercy Cancer Center	Carmichael - Mercy Physicians Plaza	East Sacramento - Mercy Medical Plaza	El Dorado Hills - Hawks Flight	Elk Grove - Big Horn	Elk Grove - Wymark	Folsom - Creekside	Folsom - OB/GYN	Folsom - Primary and Specialty Care	Gold River	Grass Valley - Catherine Lane	Rocklin	Roseville	Sacramento - Behavioral Health	Sacramento - Mercy Cancer Center	Sacramento - Midtown	Sacramento - Natomas	South Sacramento - Timberlake	Woodland - Cottonwood	Woodland - East Woodland	Woodland - Fairchild Court	Woodland - Haarberg Building	Woodland - West Gibson
Allergy		■	■					■				■			■				■						■	
Audiology			■		■			■											■			■				
Behavioral Health		■			■			■				■			■	■	■	■			■			■		
Cardiology	■		■		■	■		■		■		■		■	■										■	
Cardiovascular Surgery						■																				
Cosmetic Dermatology			■																						■	
Dermatology		■	■				■		■										■						■	
Diabetes & Nutrition Services		■						■											■							
Endocrinology		■						■				■							■						■	
Family Medicine		■	■				■	■	■			■			■	■			■	■			■			
Gastroenterology					■				■	■		■							■			■				
General Surgery					■				■			■						■	■			■				
Geriatrics		■							■										■							
Gynecologic Oncology					■													■								
Hematology/Oncology					■			■				■			■			■						■		
Infectious Disease						■																			■	
Internal Medicine	■	■							■							■			■	■	■				■	
Mental Health																							■			
Nephrology					■			■											■							
Neurology			■		■				■	■		■							■			■				
Neurosurgery					■														■							
Obstetrics & Gynecology			■				■	■			■	■							■	■	■	■				
Occupational Medicine								■				■							■						■	
Ophthalmology		■										■							■				■			
Optometry		■						■				■							■				■			
Orthopedics/Sports Medicine					■				■			■							■						■	
Otolaryngology (ENT)			■		■			■											■				■			
Pain Management			■																■						■	
Pediatrics	■	■	■				■		■										■	■			■		■	
Physical Medicine & Rehab					■														■							
Plastic Surgery												■	■						■							
Podiatry					■				■			■							■						■	
Psychiatry																	■						■			
Pulmonology/Critical Care					■														■						■	
Radiation Oncology			■	■						■								■								
Rheumatology		■										■			■				■						■	
Thoracic Surgery					■													■	■							
Urgent Care /Walk in Care																			■				■			
Urology					■														■			■				
Vascular/Endovascular Surgery					■														■							

Patient Benefits

With our Mercy Medical Group and Woodland Clinic care teams, you'll enjoy great benefits such as:

- Same-day appointments
- Virtual visits for primary care and all specialties
- Online appointment scheduling
- On-site diagnostic x-ray at most of our primary care locations
- Access to Quest Diagnostics at more than 31 locations throughout the region, including on-site lab services at most of our primary care locations
- Urgent care at 16 locations



My Care App—Health Care at Your Fingertips

By selecting a physician who is part of Mercy Medical Group or Woodland Clinic, patients have access to Dignity Health's online patient portal, making it easier than ever to securely communicate with health care providers and access or update important personal information. Over the last year, a number of updates have been made to the My Care app with the goal of improving the overall digital experience for patients, including ease of online scheduling as well as providing patients with access to all of their information securely in one place.

Awards and Recognition

Mercy Medical Group received the Integrated Healthcare Association's (IHA) 5-star designation, in addition to Most Improved provider organization honors, and Woodland Clinic achieved a 4.5-star designation.

Mercy Medical Group and Woodland Clinic are two of just 72 organizations nationally to be recognized by America's Physician Group (APG) with their 2022 Standards of Excellence Survey Elite Status award.





Finding the right doctor is the best way to ensure your family gets the care they need, when they need it. That's why Hill Physicians Medical Group, the largest independent physician group in Northern California, offers plenty of choices to keep you healthy.

When you choose Hill Physicians, you have access to care where you need it. With almost 250 primary care doctors, 500 specialists, 5 hospitals and 23 urgent care centers throughout the Greater Sacramento area, it's easy to find a doctor near your home or work. Hill Physicians members also benefit from the following programs and services:

Care Management—Hill Physicians' care management programs are designed for members dealing with multiple conditions, new diagnoses, serious illnesses or hospitalizations. Members in these programs are assigned a care team to address their unique needs, which can include a nurse, social worker, pharmacist and other support staff.

Diabetes Education—Specialized health educators provide diabetic members one-on-one coaching on diet and lifestyle to help them achieve better health.

Health Education—Health educators work with members to improve their health, overcome obstacles and establish healthy habits.





Nutritional Counseling—Registered dietitians assist members who struggle with weight or have a chronic condition with dietary restrictions.

Pharmacy Consultations—The virtual pharmacy program connects members with a pharmacist who can help them understand new medications, manage complicated regimens and save money.

Health Navigators—Health Navigators help members get the preventive screenings they need by scheduling appointments, requesting cancer screening kits and working with their doctor on other preventive health and wellness needs.

MyHillChart Patient Portal—With MyHillChart Patient Portal, members can manage their health information, view their test results and interact with their care team. It's secure, free and can be accessed anytime, anywhere.

Telehealth Services—Many Hill Physicians doctors offer Video Visits and/or E-Visits for common, non-urgent health conditions so members can get care from home, work or on the go.

Awards and Recognition

Hill Physicians has been recognized with *Elite status* for outstanding quality care by America's Physicians Groups (APG) for 14 years in a row.

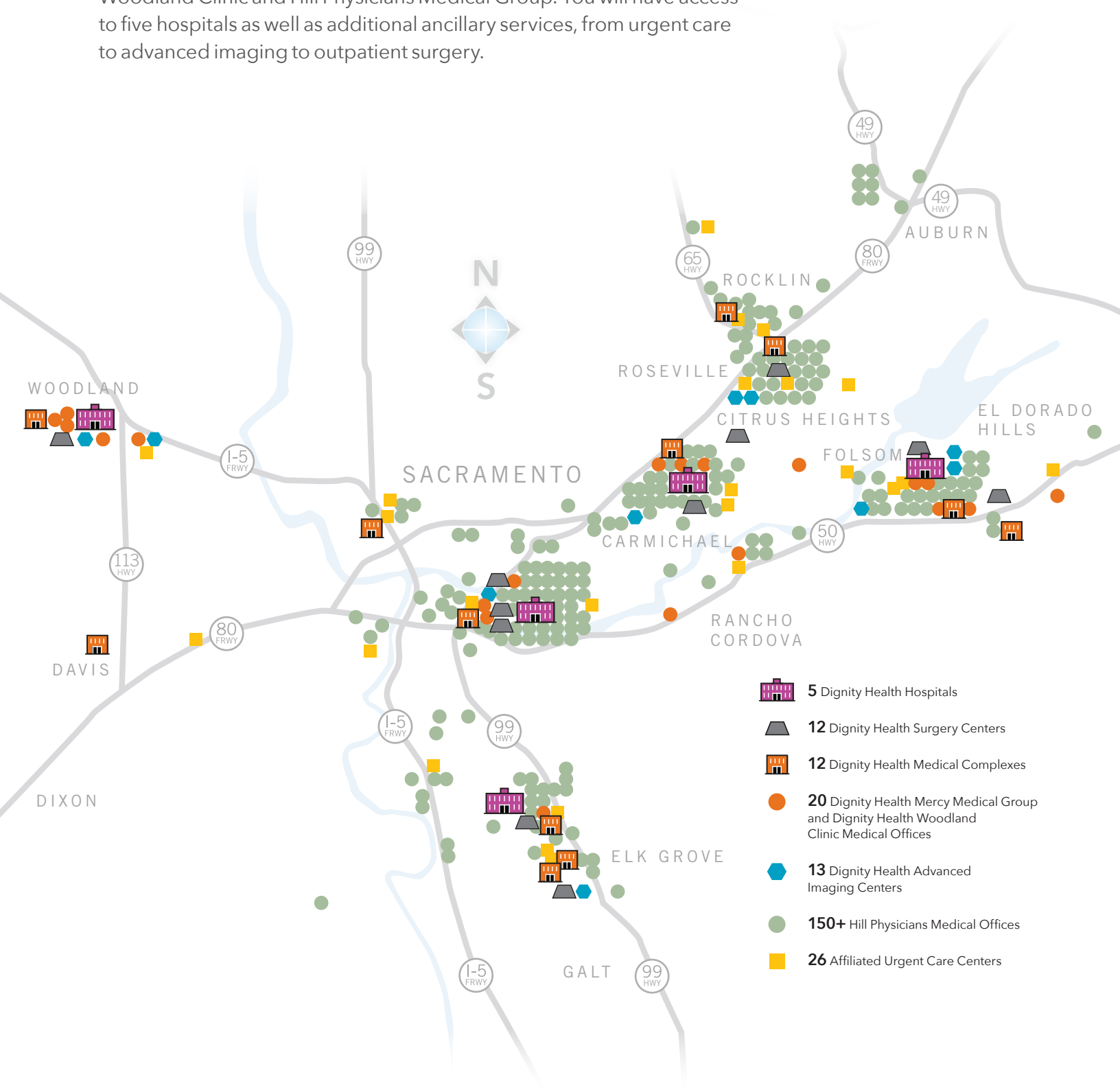


Hill Physicians was recognized with Integrated Healthcare Association's (IHA) 2022 Excellence in Healthcare Award for top performance on clinical quality, patient experience and cost measures for the Commercial HMO population. We're also an 8-time IHA Healthcare Award receipt, an accolade that acknowledges California Provider Organizations for their outstanding achievements in healthcare excellence.



Access to Care

Our network includes exceptional doctors from Mercy Medical Group, Woodland Clinic and Hill Physicians Medical Group. You will have access to five hospitals as well as additional ancillary services, from urgent care to advanced imaging to outpatient surgery.



Services at Our Hospitals

	Mercy General Hospital	Methodist Hospital of Sacramento	Mercy San Juan Medical Center	Mercy Hospital of Folsom	Woodland Memorial Hospital
Bariatric Surgery		■			
Cancer Care	■	■	■	■	■
Eye Care	■	■	■		■
Emergency Care	■	■	■	■	■
Gastroenterology	■	■	■	■	
Gynecology	■	■	■	■	■
Heart and Vascular Care	■	■	■	■	■
Imaging Services	■	■	■	■	■
Lung and Esophageal Care	■	■	■		■
Neurology	■	■	■	■	■
NICU		■	■		
Obstetrics	■	■*	■	■	■
Orthopedics	■	■	■	■	■
Otolaryngology	■	■	■	■	■
Pediatric Concentrated Care			■		
Plastic Surgery	■	■	■	■	
Rehabilitative Care	■	■	■	■	■
Sleep Disorders	■				
Spine Surgery	■		■	■	■
Sports Medicine	■	■	■	■	■
Surgical Services	■	■	■	■	■
Thoracic Surgery	■		■		
Trauma Center			■		
Urology	■	■	■	■	■
Wound Care		■			■

*Includes Obstetrics Emergency Care

Dignity Health's five Sacramento area hospitals were recognized in the Human Rights Campaign Foundation's 2022 Healthcare Equality Index (HEI).



Award-Winning Institutes

Dignity Health Heart and Vascular Institute of Greater Sacramento

Known as a regional leader in cardiovascular care, the Dignity Health Heart and Vascular Institute is equipped to manage a wide range of conditions using the latest diagnostic technology along with some of the most innovative treatment options available.

We are proud of our patient-centered approach, highlighted by active community outreach on cardiovascular risk factors, clinical research and cardiac rehabilitation.

We consistently earn high rankings from leading reporting agencies—including the Joint Commission’s advanced certification for chest pain, heart failure, and Ventricular Assist Device therapy—a clear demonstration of our excellence in cardiovascular care.

Dignity Health Neurological Institute of Northern California

We are proud to be the regional leader in neurovascular care, treating the highest volume of patients in the Greater Sacramento area. Our team of renowned neurologists, neurosurgeons, neurocritical care specialists and neurointerventional radiologists partner to ensure patients receive access to the area’s leading neurological programs.

Mercy San Juan Medical Center continues to be certified by the Joint Commission as a Comprehensive Stroke Center—the hospital’s fifth certification since being named the first Comprehensive Stroke Center in Greater Sacramento—and each of our other four hospitals are designated as advanced Primary Stroke Centers, linked together by telemedicine capabilities and providing seamless sharing of expertise and integrated resources.



Dignity Health Cancer Institute of Greater Sacramento

Our cancer care extends beyond the traditional doctor-patient relationship. It starts with a range of screening options for early detection and extends through to personalized treatment and support following a cancer diagnosis with a team that includes a wide variety of board-certified specialists, specially trained nurses and support staff. They work in concert to maximize effectiveness in treating even the most complex cases.

Integrative Oncology—At Dignity Health Cancer Institute, we believe in guiding our patients through their cancer journey while offering the best of both conventional medicine and complementary modalities. Integrative oncology is a patient-centered, evidence-based field of cancer care that utilizes mind and body practices, natural products, lifestyle modifications and modalities from different traditions alongside conventional treatments. We offer our patients an array of complementary therapies at no charge, including therapeutic nutrition counseling, patient and family counseling, stress reduction and mindfulness classes, music therapy and more.

Oncology Nurse Navigators—Our Oncology Nurse Navigators (ONNs) support both patients and their families at the time of a diagnosis, throughout treatment and in the event of disease recurrence. The ONNs' expert knowledge of cancer care helps to optimize use of the many resources available.

They act as a liaison among caregivers and physicians, help to identify potential barriers to care specific to each patient and work to overcome them with medical providers. With an ONN as a guide, patients and their families avoid misdirected care and utilize resources appropriately to ensure a positive patient experience.





The Benefit of Care + Coverage

For over 25 years, Western Health Advantage (WHA) has been a valuable partner in helping people in our Greater Sacramento communities obtain quality health care. WHA offers affordable coverage to employer groups, individuals, Medicare beneficiaries and families for every stage of life. We help our members stay healthy and facilitate the care they need.

Quality Care, Locally Grown

Western Health Advantage is not just headquartered in Sacramento—we were born here and founded in part by Dignity Health, a California non-profit benefit corporation. With Western Health Advantage, you get access to more than 1,000 health care providers through Hill Physicians, Mercy Medical Group and Woodland Clinic, as well as urgent care and acute care throughout Greater Sacramento and Yolo counties, making it easier for you to find a provider that fits your needs and schedule. We are proud of the exceptional range and reputation of our health care partners.

Check Our References: Doctors Know Best

You trust your doctor to give you the best care possible and your doctor trusts WHA. Nearly 94% of our clinical providers would recommend Western Health Advantage to other physicians.

* 93.8% of WHA clinical providers would recommend WHA to other physicians' practices and colleagues (2021 Provider Satisfaction Survey).

We're Easy to Work With

At WHA, you'll be greeted with fast, accurate and personal service. We build long-term, personal relationships because we're reliable, innovative and easy to work with. The mission of our regional service team is to provide exceptional service to our members, clinical providers and partners. You can easily reach us in person or by phone. We're responsive and make decisions without delay.

You Choose Your Specialist

WHA members have choices for specialist referrals beyond their medical group. Our Advantage Referral program provides access to any participating specialist from your provider network.* Just ask your PCP for a referral. Some limitations apply. Visit choosewha.com/referral.

* Eligibility for Advantage Referral is based on the medical group of your PCP.

Tools for Healthy Living

We believe that you deserve every opportunity possible to reach your health goals. When you choose Western Health Advantage, you'll have access to a suite of health and wellness programs, from instructor-led classes to disease management programs, along with tools, discounts and coaching to support a healthy lifestyle.

24/7 Nurse Advice—Access to registered nurses by phone for advice regarding medical concerns, our nurse advice line answers your general health and wellness questions, 24/7.

Urgent Care Telehealth—WHA offers 24/7 virtual urgent care for minor injuries and illnesses. Learn more at choosewha.com/telehealth.

Disease Management—Manage your chronic condition such as asthma, coronary heart disease and diabetes from WHA's no-cost disease management programs. Visit our website for more information.

Behavioral Health—Mental health benefits and substance abuse services are included in WHA plans that don't require a referral from your PCP.

Wellness Assessment—Get an overall view of your health and habits plus a personalized plan for improvement with MyWHA Wellness. Learn more at choosewha.com/wellness.

Fitness Discounts—Take advantage of WHA's discounts on membership at thousands of fitness centers. In addition, the Choose Healthy program gives members 10-50% off health and wellness products and services. Visit choosewha.com/gymdiscounts.

Wellness Classes—Attend one of the no-cost health education programs and classes that are provided through our medical groups. WHA also offers members free virtual fitness classes through CommunityFIT. For more information, or to register, visit: choosewha.com/communityfit.

Tech-enabled Coaching—Most members on employer group WHA plans have access to innovative program apps to provide tools and coaching, offering virtual physical therapy and hypertension management.

Worldwide Travel Assistance—Assist America provides assistance with medical consultation and referrals and other vital services that may arise while traveling.

Type 2 Diabetes Reversal Treatment—WHA has teamed up with Virta Health to offer an innovative diabetes reversal program for members with type 2 diabetes. This no added-cost program lets members lower their A1C, reduce/eliminate medications and lose weight.

Acupuncture and Chiropractic Care—Enjoy the benefits of using complementary medicine, such as acupuncture and chiropractic care (if included in your plan).

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Dignity Health®