

ADVANTAGE

Your resource for health and wellness

GOODBYE, BAD HABITS

Saying hello to
good health is easier
than you think

QUIZ: TEST YOUR STROKE IQ
SKIN HEALTH: MYTHS VS. FACTS
TIPS: DEDUCTIBLE HEALTH PLANS

advantage > you



Don't Miss Wellness Exams



As a physician, I've heard all kinds of reasons—some good, some not so good—about why it's hard to find the time to schedule an annual wellness appointment. What's important to understand is this: The best thing you can do

for your health is to create a strong relationship with your doctor and stay on top of your health screenings.

The next time you see your doctor, talk to him or her about your health goals and make a plan together for meeting them. This is a great way to stay on track for reaching your objectives.

Do you need more information about what exams and screenings are considered FREE preventive care? Visit mywha.org/guidelines to learn more. You can also call our Member Services Department at 888.563.2250 or visit mywha.org/securemessage and choose "Member Services" to email your question.

Call your doctor today to see if you are up to date on your annual wellness exam and screenings. Make your health a priority!

Donald B. Hufford, M.D.
Chief Medical Officer
Western Health Advantage

TIDBITS

Eat a produce rainbow each day

Specific nutrients found in fruits and veggies give them their color and provide disease-fighting capabilities. Here's an overview:

- **Red fruits and vegetables** such as tomatoes, red peppers and watermelon contain lycopene, a phytochemical that may help protect against cancer, lower blood pressure and support joint tissue.
- **Orange foods** are rich in beta carotene, which is converted into vitamin A in the body. Our eyes, bones and immune system are grateful for the carrots, apricots and sweet potatoes we eat.
- **Yellow fruits and vegetables** provide phytochemicals such as lutein and zeaxanthin. These compounds help prevent age-related macular degeneration and cataracts. Corn, yellow peppers, winter squash and pineapple will keep our eyes in tiptop shape.
- **Green fruits and vegetables** can be divided into two groups: cruciferous and leafy greens. Cruciferous vegetables contain indoles and isothiocyanates, believed to increase natural enzyme production, which clears cancer-causing toxins from the body. Foods such as broccoli, Brussels sprouts, kale and green cabbage can help in this area. Leafy greens such as spinach, lettuce, arugula and collards are rich in beta carotene, which also promotes eye health.
- **Blue and purple foods** contain powerful antioxidants such as anthocyanins and proanthocyanidins. These compounds may reduce the risk of heart disease and improve memory. Fruits and vegetables such as blueberries, blackberries, eggplant and plums have also been shown to slow the aging process.

Western
Health
Advantage



ADVANTAGE MAGAZINE

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Three Questions

How to tackle medical bills—
helpful advice from Lisa Angst,
WHA Member Services supervisor



How can I find out how much my medical service will cost?

To get a rough estimate of what certain services will cost, you'll first need to obtain CPT or REV codes from your prescribing doctor. Once you have created a MyWHA account, you can use the code or search by keyword in the Service Cost Estimator tool and get a rough estimate. *Please keep in mind that this is a rough estimate based upon WHA contracted rates; if other services are performed, you may be financially responsible for those additional services.*

How do I know the bill I am receiving is my patient portion?

If you receive a bill from a provider and want to make sure the amount is correct, please view your online accumulator. The accumulator will show you the date of service, full bill amount, and patient responsibility for the deductible and/or copayment. If the bill you receive is not listed or is listed with a different amount, please contact our Member Services team with the bill in hand for assistance.

What if I don't have Internet access and want to confirm my copayments, deductible or out-of-pocket max?

Any time you have questions regarding your plan, benefits, copayments or claims, please do not hesitate to contact our Member Services team for assistance. Someone will be happy to help you, Monday through Friday, 8 a.m. to 5 p.m.



Hot Ticket

WHA Is Opening Doors to the Crocker Art Museum

WHA is the lead sponsor of the Crocker's Pay What You Wish Sunday, which is held on the third Sunday of each month. This program allows visitors free general admission to the museum and allows the museum to broaden its audience. We're proud to support this service and this region's overall well-being and health.

Did You Know?

Three out of six WHA medical groups have received the "Excellence in Healthcare" award from the Institute for Healthcare Advancement (IHA). Honorees are:

- Mercy Medical Group/Dignity Health Medical Foundation
- Meritage Medical Network
- UC Davis Medical Group

IHA unveiled the new award in November 2014. The honor recognizes exceptional physician organizations that have strong quality and cost performance, based on certain industry standards.

Have You Skipped Any of Your Shots?



Many U.S. adults still aren't getting key vaccines to protect against serious or life-threatening diseases, according to a recent Centers for Disease Control and Prevention report.

Examples of the scant progress in adult coverage from 2011 to 2012: Rates for Tdap vaccinations, which prevent whooping cough, were up slightly at less than 16 percent. Rates stayed the same for other vaccines, such as pneumonia (20 percent for high-risk adults) and hepatitis B (35 percent for adults ages 19 to 49).

The upshot? Be sure to get all of the immunizations you need—for details, visit mywha.org/shots.

We've Made It Easy to Work in Your Workouts

Nothing like saving money to motivate you to get off your couch! WHA has teamed up with several gyms to offer great discounts to help you get fit and stay healthy. Before starting any exercise program, be sure to check with your doctor.

For more info about this member discount program, visit mywha.org/gyms or contact us at 888.563.2250.

Tone Up With Dr. Tanji

Advice for weekend warriors from Dr. Jeffrey Tanji, associate medical director, sports medicine, UC Davis Health System

Sure signs of a weekend warrior are that you really enjoy exercise but you're just too busy during the week to fit it in. Those time pressures can get you in trouble, though, because when you are able to get physical you tend to overdo. And this can lead to overuse injuries.

Common among these mishaps are Achilles tendonitis (painful swelling in the tendon connecting the back of your leg to your heel), patella tendonitis (inflammation of the tendons above or below the knee cap), tennis elbow and problems with the rotator cuff in the shoulder.

Moderation is a smart option for avoiding these types of injuries—so is variety. Instead of concentrating on one physical activity that affects one part of the body, spread the joy. Try jogging less, say, and adding in some bicycling or maybe a bit of tennis. Plan, too, to break up your workouts so you're not only doing something different but also at different times of day.

Improper technique can be another tough hurdle for weekend warriors. One fun way to pick up good pointers is to exercise with a friend who knows more than you do about a particular sport. If you belong to a health club, personal trainers can offer helpful advice. Also, be sure to pay attention to your gear. What people don't often realize about most running shoes, for example, is that they're made to last only about 300 miles—even though they may still look perfect from the outside.

Finally, a few words about consistency. There's no getting around one of the great philosophical quandaries of exercise: You can faithfully work out for six months, but if you stop, it may take only two to three weeks to decondition. Better to make regular exercise your ongoing habit. Your body will thank you for it.



Exploding Myths About Skin Health

From the desk of Donald B. Hufford, M.D., WHA chief medical officer

Myth: Use sunscreen with the highest sun protection factor (SPF).

We usually recommend SPF 30. SPF 15 blocks out about 93 percent of ultraviolet (UV) rays, whereas SPF 30 blocks out 97 percent, and SPF 50 blocks out 98 percent. When you get above SPF 30, any additional benefits are minor.

What's more important is applying sunscreen properly and reapplying regularly, especially if you're swimming or sweating. Make sure the label says "broad spectrum," meaning it protects against UVA and UVB rays. Both types of rays can cause sun damage and skin cancer.

Myth: Sunlight is the best source of vitamin D.

Vitamin D is easy to supplement through vitamins and oral supplements, so that's the better route to go.

Myth: You don't need to protect your skin when it's overcast.

Actually, you do, particularly during the peak hours of the day, which are 10 a.m. to 4 p.m. You can get sunburned even when it's overcast.

Myth: Windows offer protection from the sun.

Glass will block 90 percent of UVB but only about 10 percent of UVA radiation, unless the glass is treated. In a car, the windshield is treated, so that blocks most UVA radiation as well, but the side and back windows are not treated. Protect yourself by using sunscreen and covering up with long sleeves and brimmed hats, or installing window film. Check state regulations before installing tinted film on car windows.

Myth: People of color don't get skin cancer.

People with lighter skin get it more frequently and are at higher risk, but anyone can get skin cancer.

Myth: Tanning at a salon is safer than sunbathing.

Both types of tanning raise risks of all types of skin cancer. In studies of younger folks who were using tanning beds, researchers found it markedly increased the rate of melanoma—the most deadly skin cancer—by about double.

When used as directed, topical sunless tanning products—such as lotions and sprays—are generally considered safe alternatives.

Experts advise you to regularly check your skin for changes. An easy way to remember what to look for is "ABCDE": Asymmetry, Border, Color, Diameter, Evolving. If anything is changing shape, size or color or is bleeding, irritated or itchy, it's a good idea to get it checked out.

3, 2, 1 Blast Off Th

You may not know how you got to this point, but the good news is that bad habits can be broken. Scientists say that one way habits can be changed is by identifying what triggers the behavior. For example, if you always drink too much at happy hour, replace that trigger with a healthier version. **Consider meeting a friend at the gym for a workout and a smoothie. It won't be easy at first—in fact, it may take months to weaken the brain connection to that bad habit—but over time you'll start to feel healthier, happier and free.** Here are five habits to blast out of your life, starting today.

HABIT: Heavy Drinking

3 ways to quit:

- First, identify whether you have an addiction. One starting place is the online quiz at the National Council on Alcoholism and Drug Dependence: ncadd.org/learn-about-alcohol/alcohol-abuse-self-test.
- Second, join a support group. Research shows that participation in a group like Alcoholics Anonymous significantly improves a person's chance of long-term recovery.

- Third, remove temptation. Keep little or no alcohol at home, and limit your visits to places that encourage drinking such as bars and clubs.

2 reasons to start now:

- Overuse of alcohol can damage your brain and affect the way it works. It also takes a toll on the heart, liver, pancreas and immune system. And there's more: Excessive and long-term use of alcohol has been shown to increase the risk of a number of

cancers, including liver, colon and rectum, and breast.

- Alcohol may increase your risk of injury or accident. According to the American College of Surgeons, half of all trauma deaths and injuries involve alcohol.

1 great resource:

Tips from the National Institute on Alcohol Abuse and Alcoholism: pubs.niaaa.nih.gov/publications/handout.htm

lose Bad Habits





HABIT: Smoking

3 ways to quit:

- Track when you most feel the urge to smoke. Knowing your triggers can help understand your need to smoke.
- Write down the benefits you'll gain when you quit. Putting these in a visible spot will motivate you to stick with it.
- Get rid of all smoking reminders. Dispose of all your cigarettes and lighters, and clean anything that smells like smoke so the odor won't trigger temptation.
- Set up a support team. Tell a small group of close friends how they can help you quit. They can walk with you through the bumps and hiccups.

2 reasons to start now:

- You'll likely live longer and healthier. According to the surgeon general, quitting is the No. 1 thing smokers can do to improve quality of life and longevity. Once you stop, the benefits start immediately.
- You'll save money and hassle. At an average of \$5.17 per packs, most pack-a-day smokers in California would save \$1,887 a year, plus no more having to step outside for a smoke.

1 great resource:

California Smokers' Helpline:
1.800.NO.BUTTS

HABIT: Fad Dieting

3 ways to quit:

- Focus on unhealthy behaviors not on individual foods. Clear counters or desks of unhealthy snacks that provide temptation. If you usually eat out of a bag or carton, portion items onto a plate instead.
- Keep a food journal. Writing down

3, 2, 1



what you eat will make you more mindful of eating habits.

- Think portion control. Half of your plate should be fruits and vegetables, with a quarter or so of your plate for protein and another quarter for grains. Start with small amounts; you can refill if you're still hungry.

2 reasons to start now:

- Fad diets are hard to sustain on a long-term basis because they don't address the behaviors that led to the weight gain.
- Eliminating certain types of food can strip your body of important nutrients and energy.

1 great resource:

USDA's MyPlate site: choosemyplate.gov/index.html

HABIT: Avoiding Exercise

3 ways to quit:

- Exercise with a friend (dogs count). Studies show you're less likely to skip out or settle for a wimpy workout when you have someone counting on you.
- Try something new. Try a new class, join a walking group, or even purchase a new exercise DVD to break up the doldrums.

- Keep sneakers at the office. Invite a co-worker to join you so you get physical activity throughout the day.
- Plan a specific action. You'll be more likely to succeed if you set a specific action plan—for instance, "I will swim for 30 minutes every Monday, Wednesday and Friday."

2 reasons to start now:

- Exercise can boost your immune system. It decreases your chances of developing heart disease, cancer and osteoporosis. It also promotes good sleep and helps our bodies produce serotonin, which boosts mental health.
- Exercising can help prevent memory loss. Studies have shown that participants who started an exercise routine had better memory recall and cognitive function.

1 great resource:

Free "Fit Society" newsletter from American College of Sports Medicine; subscribe at acsm.org.

HABIT: Skipping on Sleep

3 ways to quit:

- Keep your bedtime routine the same every day. This allows your body to

establish a rhythm that helps you fall asleep and stay asleep.

- Wind down in the evening. One hour before sleep, turn off all electronic devices (including TV) and switch to sleep-condoning activities like reading.
- Make your bedroom inviting. Invest in a good mattress, light-blocking curtains and soft bedding. Remove all technology and reserve this space for sleep and sex only.

2 reasons to start now:

- Sleep affects almost every tissue of our bodies, including growth and stress hormones, immune system, and cardiovascular health. It also improves our brain's ability to reason, problem-solve and attend to details.
- Losing sleep can be a factor in weight gain. Insufficient sleep can decrease the hormone leptin (which tells us when we're satiated) and increase the hormone ghrelin (which triggers our appetite). It also reduces energy expenditure, the way we burn off the calories we eat.

1 great resource:

National Sleep Foundation: sleepfoundation.org

360 DEGREES OF WELLNESS

Wellness is more than your weight, your eating habits or your exercise patterns. Each individual has multiple aspects that contribute to his or her health, and medical experts now believe one must consider the entire person when evaluating a patient.

At Western Health Advantage, we're developing a library of tools and resources that will help members

address six dimensions of their overall wellness: physical, relational/social, occupational, intellectual, emotional and financial. By taking a 360-degree look at how you're faring in these areas, you'll be able to make informed choices about all aspects of body and mind so you can remain in optimal health throughout your life span. Stay tuned for more details.

What's Your Stroke IQ?

MAY IS NATIONAL STROKE AWARENESS MONTH, SO WE INVITE YOU TO TAKE A LITTLE TIME TO ANSWER THE QUESTIONS ON THE FOLLOWING PAGE. HAVING MORE INFO CAN HELP YOU LEARN YOUR RISKS AND INSPIRE YOU TO TAKE STEPS TO PREVENT THIS SERIOUS CONDITION.



Do You Know the Signs of Stroke?

Think F.A.S.T. It's an easy way for you to remember stroke's sudden symptoms.

F Face drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the smile uneven?

A Arm weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S Speech difficulty: Is speech slurred?

Is the person unable to speak or hard to understand?

T Time to call 911. If someone shows any of these signs—even if the symptoms go away—call 911 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

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Source: American Heart Association/American Stroke Association

What, exactly, is stroke?

- a. A specific and deadly kind of heart attack
- b. A sudden episode of shortness of breath and loss of consciousness
- c. A serious brain condition
- d. None of the above

c. A stroke occurs when a blood vessel in the brain bursts (hemorrhagic stroke) or when the blood supply to the brain is blocked (ischemic stroke, which accounts for 80 percent of the cases). In either situation, parts of the brain die or become damaged. Little wonder then that the condition is sometimes called a brain attack.

What are some risk factors of stroke?

- a. High blood pressure
 - b. Atrial fibrillation
 - c. Diabetes
 - d. High cholesterol
 - e. All of the above
 - f. None of the above
- e. Each of these conditions increases risk of stroke. High

blood pressure is the leading contributing factor—it increases risk of stroke four to six times, experts say. Heart disease, especially atrial fibrillation (irregular heartbeats), doubles the risk. The good news is that you can help prevent stroke by making healthy lifestyle choices. These include:

- Maintaining a healthy weight
- Eating a healthy diet (lots of fruits and veggies; foods that are low in saturated fat, trans fat and high in fiber; limiting salt)
- Getting enough exercise (two and a half hours of moderate-intensity exercise every week for adults)
- Not smoking
- Limiting alcohol consumption (one drink a day for women and no more than two drinks per day for men)

True or false?

Stroke is something that only happens to really old people, so I don't need to think about it yet.

Think again. In 2009, 34 percent of people hospitalized for stroke were younger than 65 years. While stroke risk certainly does

increase with age, stroke can happen to anyone, at any age. For example, ESPN commentator Tedy Bruschi was a linebacker for the New England Patriots when he survived a stroke in 2005 at the age of 31.

True or false?

Much like occurs in heart attacks, women have different symptoms of stroke than men.

False. Women and men have the same symptoms when experiencing stroke, experts say. Even so, there is a gender factor in risks of having a stroke in the first place. Certain sex-specific conditions and factors can increase a woman's risk of stroke. These include pre-eclampsia (high blood pressure and protein in urine while pregnant), gestational diabetes (developing diabetes while pregnant), oral contraceptives and postmenopausal hormone use (and changes in hormonal status). The bottom line: Women should talk with their doctor about their specific risks.

Sources: Centers for Disease Control and Prevention, American Heart Association, WebMD, espnmediazone.com

Finding Peace of Mind

YOU'RE NOT ALONE IF YOU HAVE DEPRESSION—IT'S A COMMON CONDITION THAT CAN BE SUCCESSFULLY TREATED

When you have major depression, the feelings persist for more than a couple of days. It can cause pain for you and your loved ones and interfere with your daily life.

Depressive illness is common, but it's not a cookie-cutter condition, according to psychiatrist Andrew Sassani, M.D., chief medical officer for Magellan/HAI-CA. People who are stricken by depression can have different symptoms such as sadness or eating or sleeping problems, which can vary in severity, frequency and duration, says Dr. Sassani. "Women



are at higher risk of depression than men are," he adds, perhaps because of biological; hormonal; and psychosocial factors, including stresses of work and family, to name a few.

Age can play a role, too. Older adults have more chronic medical conditions, which may cause depressive symptoms. Side effects of certain medications may also contribute to depression at any age, as can substance abuse, which is more common among men with depression.

The good news: Most people with a depressive illness, even those with the most severe depression, can get better with medication including antidepressants and other treatments. Dr. Sassani says, "Fortunately, depression is a very treatable illness when patients are forthcoming about symptoms and follow their doctor's treatment advice. The earlier you get treatment, the more effective it is."

Get the help you need: Talk to your primary care doctor or call the phone number on the back of your WHA identification card. For more information about your behavioral or mental health services, visit mywha.org/bh.

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If you are prescribed antidepressant medication, be sure to take it as instructed. It's also important to keep taking the medication, even when you start to feel better.

Explore Healthyroads

YOUR ONLINE PATHWAY TO GOOD HEALTH

You can take advantage of this online wellness program*—available 24/7, with access to a personal health assessment questionnaire, tracking tools and other resources. Visit mywha.org/healthpromotion or contact

Member Services to learn more about these and other programs or contact Healthyroads™ at 877.330.2746.

**UC employees with group numbers 001021 and 001121 should check with their employer for available wellness and fitness programs.*

The Basics on DHPs

Helping you make the most of your deductible health plan



A traditional health care plan has high monthly premiums but a low or no deductible. A deductible health plan works the opposite way. As its name implies, this plan has a deductible—that's the amount you pay each year for covered medical and prescription services and supplies before WHA will cover these expenses. Your plan may also require you to pay copayments after you meet your annual deductible. Once your deductible and copayment costs reach your annual out-of-pocket maximum, you are done. WHA will cover 100 percent of costs for your covered services for the remainder of the calendar year.

FOLLOW THESE STEPS TO GET STARTED ON YOUR NEW PLAN:

1. Set up your MyWHA account.

WHA offers you personalized online resources to make it easier to manage your health plan with the convenience of any-time access. To access your MyWHA account:

- Go to mywha.org/signup.
- Follow the prompts. You will need your 11-digit WHA member ID number as well as some basic info.

2. Know before you go.

With a DHP, knowing the cost of a service or procedure in advance can help you better plan your health care expenses. When your doctor determines that you need a medical service or procedure, ask for the current procedural terminology (CPT) or revenue code (REV) associated with this service. Use MyWHA's Service Cost Estimator tool to estimate its cost.

3. Go to the doctor.

Preventive health care services such as your annual wellness visit and immunizations are FREE. View a list of no-cost procedures and screenings at mywha.org/preventive. Remember: It's unwise to avoid the doctor when you have a problem. If an urgent care situation arises while you're in WHA's service area, call your primary care physician. Delaying care could cost you substantially more.

4. Show your member ID card.

When you receive services for medical care, be sure to present your WHA member ID card. If you are responsible for the services you receive, you will be billed—this could

take a few months from the date of service.

5. When you get a bill, check your accumulator.

Log in to your MyWHA account and make sure the amount you are being billed was applied to your deductible. WHA keeps track of your deductibles and out-of-pocket costs, but it's still a good idea to keep copies of your medical expense receipts.

6. Save on medications.

Ask your doctor if a generic exists for the drug he or she wants to prescribe. Create an online account with our pharmacy benefit manager, Express-Scripts, to take advantage of the money-saving mail-order program. Once you sign up with Express Scripts, you can access your pharmacy information and price your prescriptions directly via your MyRESOURCES tool bar.

Need Additional Info?

To learn more details, please visit mywha.org/deductible.



DON'T PUT OFF GOING TO THE DOCTOR

New members, make your first appointment today

HERE ARE THREE REASONS WHY NEW WHA MEMBERS SHOULD SCHEDULE A DOCTOR'S APPOINTMENT TODAY.

- 1.** New-patient appointments are generally scheduled for a longer time frame than routine appointments, so please contact your new provider as soon as possible so you can become an established patient. If you wait too long to make a new-patient appointment to establish care, your new provider's office may not be able to accept you because it may have become closed to new patients.
- 2.** Establishing a relationship with your primary care physician (PCP) is critical to your ongoing health care needs. Your PCP will coordinate your medical care by direct treatment or referral to a participating specialist.
- 3.** If you have urgent medical needs that require attention prior to establishing a relationship with your new doctor, call your doctor at any time of the day, including evenings and weekends, and your doctor—or the on-call provider—will discuss home care remedies or may find it necessary for you to seek care at the emergency room or your medical group's contracted urgent care center. If you have a medical concern and are not sure what to do, call Nurse24 at 877.793.3655. Registered nurses are available 24 hours a day, seven days a week to answer any of your health questions, including direct referrals to disease management nurses.

About Urgent Care

You can use WHA's online Provider Search tool to find an urgent care facility that is affiliated with your PCP's medical group.

- From the Provider Search page, choose “Advanced Search Options.” Select “Urgent Care Center” as the Provider Type.
- From the Medical Group drop-down menu, select your PCP's medical group.

Optional: You can narrow your search results by location. For example: Enter your work or home address to locate an urgent care facility that is within a 10-mile radius.

Purple Power Bean Wrap

INGREDIENTS

- 1 teaspoon lemon zest (make zest from juiced lemon)
- 2 tablespoons fresh lemon, juiced
- 2 cups canned low-sodium great northern beans, drained, rinsed
- ½ cup fresh avocado, peeled, pitted, puréed
- 1 tablespoon fresh garlic, minced
- 2¼ teaspoons extra virgin olive oil
- ⅓ teaspoon chili powder
- ½ teaspoon salt
- 1½ cups fresh purple cabbage, finely shredded
- 6 whole-wheat tortillas, 10"
- 3 cups fresh romaine lettuce, shredded

DIRECTIONS

- Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
- Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
- Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
- You may cover and refrigerate at 40° F for no more than 2 hours to avoid browning of avocado.
- For each wrap, place ⅓ cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately.

NUTRITION INFORMATION

Nutrients per serving: 1 wrap

Calories: 274

Carbohydrate: 38 g

Cholesterol: 0 mg

Protein: 8 g

Dietary fiber: 8 g

Sodium: 424 mg

Saturated fat: < 1 g

Total fat: 10 g

Sources: [whatscooking.fns.usda.gov](https://www.ams.usda.gov/whatscooking) and [TeamNutrition.usda.gov](https://www.teamnutrition.com)

For more recipes, visit mywha.org/recipes.

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advantage

Dinger at a discount.

Gather your friends and family for some fun with the Sacramento River Cats at Raley Field. Take advantage of **MEMBER DISCOUNTS** on tickets for select games.

Benefits of WHA discounts include:

- 35 percent savings on day-of-game ticket* pricing
- Convenient print-at-home tickets option
- No online ticket service fee

*TICKETS SUBJECT TO AVAILABILITY



Purchase discounted tickets online
mywha.org/rivercats

USE PROMO CODE: **WESTERN**