



Hit the road to
good health.



Western Health Advantage
in partnership with your doctor

health and wellness resources
are always available to you >>>

If you have type 2 diabetes, you are in the driver's seat by managing your blood sugar levels to keep it under control.

It may feel like a bumpy road at times. But the key to managing diabetes and your blood sugar levels are healthy eating, being active, taking medicines to lower your blood sugar, and finally, tracking and recording your blood sugar levels.

Through **Optum Health**, WHA members get help in managing their condition with no-cost programs that provide useful information and tips for members. An added special offer to members: Optum is offering a free meter to members with type 2 diabetes. Talk to your doctor about which meter is best for you, then call WHA Member Services at 888.563.2250 to order. Read details at our web page at mywha.org/diabetes.

Navigating your diabetes journey is one thing; but what if you could put your diabetes in reverse through diet and exercise? **Virta Health** is helping WHA members participate in a medically supervised, nutritional treatment program that reverses type 2 diabetes. Virta's telehealth program helps lower your blood sugar and hemoglobin A1c, making it possible to reduce (or eliminate) diabetes medications, and lose weight. Our members are already seeing great results. Learn more by visiting our web page at mywha.org/Virta.





Stay on your road to better health by talking with your doctor about these recommended tests*:

- **A1C Level (check every 3-6 months).** Ask your doctor to check your A1C level. This non-fasting test measures your average blood sugar over the past three months.
- **Kidney Function (annually).** Have your doctor do a urine test for protein and creatinine levels that tell you how well your kidneys are functioning.
- **Cholesterol Level.** High cholesterol puts you at risk for heart disease and often goes hand-in-hand with type 2 diabetes. Talk to your doctor about medications that can help lower blood cholesterol, and take it as prescribed.
- **Eye Exam (once a year).** Make sure you get a dilated retinal eye test*, as it is a covered benefit of your WHA plan. Then, complete our online form at mywha.org/diabetes to get a \$25 gift card.** If you see an eye care provider outside of your medical group or use vision coverage for annual eye exams, ask the provider to send a copy of the exam results to your doctor.
- **Blood Pressure.** Your blood pressure should be checked every time you visit your doctor. Most people with diabetes have high blood pressure, but keep track of your blood pressure numbers so you notice if any change.

*Coverage with WHA services depends on eligibility at the time of service.

**Exam must have been performed within the past year. Limited to one gift card per year.



Western Health Advantage

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Visit >>> mywha.org/healthyliving

to learn more from WHA, your partner in health

Request additional resources in print
by calling 916.563.2250, 888.563.2250
or 888.877.5378 (TTY) or emailing
memberservices@westernhealth.com.

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tiene a su disposición servicios gratuitos de
asistencia lingüística. Llame al 888.563.2250
(TTY: 888.877.5378).

[Chinese] 注意：如果您使用繁體中文，
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