



Healthy Lifestyle Program

TURN HEALTHY HABITS INTO REAL RESULTS FOR YOUR WORKFORCE

Give your employees and their families access to a reward-based wellness program designed to improve health outcomes, increase engagement, and support long-term behavior change.

Why offer WHA's Healthy Lifestyle Program?

- Supports prevention and management of high-cost conditions
- Helps improve employee engagement and participation
- Complements rising demand for weight and lifestyle support
- Strengthens your benefits package with meaningful, year-round value

What's included

- Personalized health coaching
- Guided programs for key health needs
- Digital tools with progress tracking and rewards
- Access to wellness resources and support communities

Available as an optional rider for large group employers (101+)

Partner with WHA to give your employees the tools they need to thrive—both on and off the job.

Group Sales:

916.563.3198 or 888.499.3198 toll-free
whasales@westernhealth.com

Healthy habits drive healthier teams

We're proud to offer a Healthy Lifestyle Program that helps members build habits key to long-term health—and helps employers support a more productive, engaged workforce.



Maven+

FAMILY, MATERNITY & WOMEN'S HEALTH SUPPORT—ALL IN ONE PROGRAM

Supporting employees through life stages—from family planning to parenthood and beyond—can have a meaningful impact on well-being, retention, and engagement.

Maven+ offers end-to-end virtual support across key life stages, including fertility, pregnancy, parenthood, and menopause.

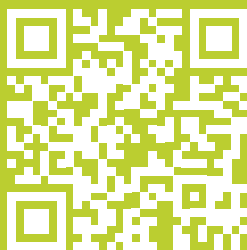
What members get:

- Dedicated support across fertility, maternity, parenting, and menopause
- 21-month program featuring support from maternity through newborn care
- Unlimited, on-demand access to Maven's telehealth networks
- Coaches and specialists who speak over 35+ languages
- Care navigation support through a dedicated Maven Care Advocate

Evidence-based outcomes:

- Up to **27% fewer** NICU stays
- Up to **15% fewer** C-sections with virtual doula support
- High member satisfaction and engagement
- Improved access to care during critical life events

Source: <https://www.mavenclinic.com/lp/maven-roi>



How to Enroll:

Activate your Maven membership
online via mywha.org/maven+

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Weight Loss

WEIGHT MANAGEMENT SUPPORT THAT DRIVES REAL RESULTS

Weight management remains one of the most common—and challenging—health concerns. With 55% of U.S. adults wanting to lose weight, many struggle to achieve lasting results.

WHA's **Weight Loss** program, powered by Vitality, is a structured, **12-week, coach-led group experience** designed to help members build sustainable habits across nutrition, activity, and overall wellbeing.

What members get:

- Live, weekly, small-group coaching sessions for accountability and support
- Practical strategies to build long-term habits for weight, nutrition, and overall wellbeing
- App-based support for ongoing reinforcement of the skills learned in sessions—supporting lasting progress, not just short-term results

Proven results:

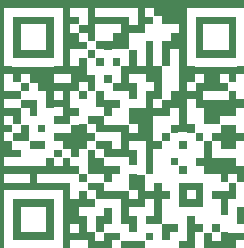
67% of those with obesity **lost an average of 14 lbs./person**

51% shed **over 5% of their body weight***

23% reduced their **BMI risk class** (e.g., obese to overweight)

**of those who lost weight*

Source: Vitality: The Business Case for Coaching: Reducing Chronic Disease and Unlocking Workforce Potential



How to Enroll:

Go to mywha.org/weightloss
Download the Power of Vitality app

Group Sales:

916.563.3198 or **888.499.3198** toll-free
whasales@westernhealth.com



Smoking Cessation

HELP EMPLOYEES QUIT TOBACCO—FOR GOOD

Tobacco use remains one of the leading drivers of preventable health risk and cost. Supporting employees in quitting can have a meaningful impact on long-term health, productivity, and overall well-being.

WHA's Smoking Cessation program, powered by Vitality, is a **10-week, coach-led group experience** designed to help members quit tobacco and build lasting habits.

What members get:

- Live, weekly sessions to build accountability and help manage cravings and habits
- Evidence-based strategies to quit tobacco for good
- Nicotine replacement therapy for those who want extra support
- Ongoing access to resources and community support to help keep participants on track and tobacco-free long term

Evidence-based results:

- Group-based programs → nearly **double** quit rates*
- Coaching-based programs → **50%+ quit rates**
- Coaching + nicotine replacement therapy = significantly improved success rates



How to Enroll:
Go to **mywha.org/quit**
Download the Power of Vitality app

**at six months*

Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10439487/?utm>

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Diabetes Prevention

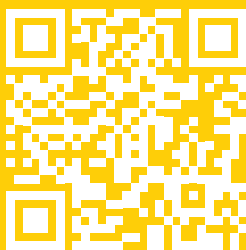
The Centers for Disease Control and Prevention (CDC) reports that more than 1 in 3 adults in the U.S. have prediabetes, a condition that significantly increases the risk of developing type 2 diabetes. WHA's **Diabetes Prevention Program (DPP)** through Vitality is a **12-month, CDC-recognized lifestyle program** designed to help members reduce this risk, build confidence, and learn practical strategies to create lasting healthy habits.

What members get:

- Online live group coaching with recorded make-up options:
 - First four months: 16 sessions covering nutrition, exercise, stress, and healthy habits
 - Next eight months: 10 sessions to help maintain progress and support long-term behavior change
- Easy digital access to track progress, view tasks, and stay connected
- Rewards for staying engaged and completing milestones
- Physical, emotional, and behavioral health guidance

Proven impact:

- 58% reduction in risk of developing type 2 diabetes (71% for those aged 60+)
- Targeted outcomes of:
 - 5-7% weight loss
 - A1c within a healthy range
 - 150+ minutes of physical activity per week



How to Enroll:
Go to mywha.org/prediabetes
Download the Power of Vitality app

Source: Vitality Diabetes Prevention
Program/VitalityGroup.com

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whasales@westernhealth.com