

Quality Care Choices

We trust doctors to decide the best health care path for our members. It's what happens when a health plan is founded by doctors. We work closely with multiple medical groups, giving our members more choice when selecting from our network of exceptional doctors and hospitals throughout Northern California.

NUMBERS IN YOUR NEIGHBORHOOD: GREATER SACRAMENTO TO SOLANO

15

urgent care centers

575

primary care physicians

482

specialists

thousands

of pharmacies

Upon enrollment, members will select a a primary care physician (PCP) close to home or work to allow reasonable access to care. Our online provider search allows members to find clinical providers that works for their families. A PCP can treat most health care needs, and is responsible for coordinating further medical care.

Should a PCP determine that specialty care is needed, a member will be referred to an appropriate provider. WHA members have access to specialists outside of your PCP's medical group with WHA's **Advantage Referral**.

- 1. Mercy Hospital of Folsom**
1650 Creekside Drive, Folsom, CA 95630
- 2. Methodist Hospital of Sacramento**
7500 Hospital Drive, Sacramento, CA 95823
- 3. Mercy San Juan Medical Center**
6501 Coyle Avenue, Carmichael, CA 95608
- 4. Mercy General Hospital**
4001 J Street, Sacramento, CA 95819
- 5. Woodland Memorial Hospital**
1325 Cottonwood Street, Woodland, CA 95695
- 6. NorthBay VacaValley Hospital**
1000 Nut Tree Road, Vacaville 95687
- 7. NorthBay Medical Center**
1200 B. Gale Wilson Boulevard, Fairfield 94533



Mercy Medical Group
916.733.3333
mymercymedicalgroup.org



Woodland Clinic
530.668.2600
dhmf.org/woodland



Hill Physicians
800.445.5747
hillphysicians.com



NorthBay Health
707.646.5500
northbay.org



Search choosewha.com/directory

to select a PCP, find specialty providers, and locate labs, urgent care centers and pharmacies in your area.

Note: This is a localized representation of the WHA service area. WHA network includes 15 hospitals in Northern California.

Health Coverage That You Can Count On

Know your essential plan benefits.

This is your preventive care plus a wide range of benefits included in WHA plans, such as hospitalization, mental health services, alternative medicine, and prescription drug coverage.

Behavioral Health

Optum offers a full spectrum of mental health and substance use disorder services (and facilities), along with tools and resources to support. Members can access a broad group of qualified mental health professionals and robust technology.

Acupuncture/Chiropractic Care

Landmark Healthplan provides members with treatment of pain related to acute neuromusculoskeletal conditions without a PCP referral.

Pharmacy Benefits

OptumRx gives members 24/7 access to pharmacists, online and mobile app prescription management, and tools to find pharmacies.

Value-added benefits you will appreciate.

Our plans include services to help you manage long-term health conditions, innovative wellness programs that address nutrition and physical fitness, plus assistance when you travel.

Type 2 Diabetes Reversal • Virta Health is a telehealth program that helps participants lower blood sugar and A1C, reduce or eliminate diabetes medications, and lose weight. The coaching, services, and supplies (a value of \$3,000) is included with WHA health plans.

Hypertension Management • Livongo® offers advanced tools to help members diagnosed with hypertension manage high blood pressure, such as a connected blood pressure monitor sent directly to home, real-time advice on your readings, and personal coaching and support.

Digital Physical Therapy • Kaia Health is an innovative program and app for the management of back, neck, and knee pain. Kaia features strengthening exercises and techniques for pain management, and real-time feedback and coaching on form.

Global Emergency Assistance • Assist America is available to members when they travel more than 100 miles away from home for less than 90 days and experience a medical or travel emergency. Covered assistance includes: medical consultation, evaluation and referral; prescription assistance; care of minor children; pre-trip information; and lost luggage or document assistance.

Family & Diversity Support • WHA covers pregnancy support services (with no exclusion of gender or relationship status), and without a diagnosis of infertility. It also covers pre-implantation genetic testing, supporting members with rare and life-threatening genetic conditions.

Outstanding Support, Preferred Choice

WHA's dedicated and knowledgeable Member Services team treats members with courtesy and respect at all times. That translates into high customer care ratings and reliable member experience. What's more, nearly 94% of our clinical providers and staff recommend us to other physicians (and physician groups). Visit [choosewha.com/quality](https://www.choosewha.com/quality) to learn about our customer satisfaction ratings and annual provider survey results.

Talk to Dublin Insurance or call WHA Group Sales: 888.499.3198

