INDIVIDUAL & FAMILY

# Health Coverage That Does More

## Programs, tools, and support to help you stay healthy, manage conditions, and feel your best every day.

Western Health Advantage goes beyond traditional health care coverage. We offer built-in programs and personalized support designed to help you take control of your health—at every stage.

- Preventive care at no extra cost*
- Personalized programs & coaching
- Digital tools & rewards to keep you engaged
- Local, member-focused support



## Start your journey to better health today.

**visit**
mywha.org/wellness

**call**
916.563.2250 / 888.563.2250 toll-free;
TTY 711

westernhealth



# Start with the Basics of Staying Healthy

Taking care of your health starts with prevention

## Preventive Care

**mywha.org/guidelines**

WHA makes it easy for you to stay on track with routine care.

Preventive health includes:

- Annual wellness exams
- Health and cancer screenings
- Well-baby and newborn exams
- Immunizations and routine care
- Preventive health guidelines and resources

**These services are covered by your WHA health plan at no cost*.**

## Get Rewarded

**mywha.org/incentives**

We reward you for taking steps toward a healthier you.

- $20-$50 value
- Encouragement to complete preventive exams and screenings
- Easy access to forms and program details

***WHA services depend on your plan and eligibility at the time of service.**

# Personalized Health Support

For managing ongoing conditions and building healthier habits

## Health Assessment

**mywha.org/wellness**

- Takes just 10–15 minutes
- Offers personalized insights and recommendations
- Connects you to programs that fit your needs
- Rewards you for making healthy choices

## Chronic Condition Management

**mywha.org/dm**

Members living with asthma, diabetes, heart conditions (CAD, CHF), COPD, and more can receive personalized 1:1 support, education, and resources.

## Type 2 Diabetes Prevention

**mywha.org/preventdiabetes**

For those at risk for diabetes, this program helps you take small, achievable steps toward a healthier lifestyle.

- Personalized coaching and support
- Tools to track progress and build healthy habits
- Focus on long-term prevention and sustainable change

## Type 2 Diabetes Reversal

**mywha.org/reversediabetes**

This telehealth program can help you lower blood sugar and A1C, reduce medications, and lose weight.

- Personalized support from a medical coaching team
- Included supplies (weight scale, glucose meter, test strips, and other resources)
- Proven outcomes for many WHA members

## Hypertension Management

**mywha.org/manageHBP**

For members age 18+ with high blood pressure, Livongo provides tools and support to help manage readings and improve health.

- Connected blood pressure monitor sent to your home
- Real-time feedback and insights
- Personalized coaching

## Smoking Cessation

**mywha.org/quit**

Support to help you quit tobacco and nicotine for good.

- Coaching by phone, chat, or text
- Online resources
- Nicotine replacement therapy included

## Weight Loss Management

**mywha.org/weightloss**

A personalized program designed to help you build healthy habits and lose weight.

- Coaching and group support
- Digital tracking tools
- Long-term lifestyle support

## Nutritional Counseling

**mywha.org/nutrition**

Access expanded coverage for nutrition and dietary counseling. Eligible members can receive guidance from a nutritionist to support overall health and wellness.



# Your Health, Your Way

Care and guidance for every stage of life

## Behavioral & Mental Health Care

*Virtual and in-person options*

**mywha.org/bh**

WHA partners with Optum to provide access to a full range of mental health services.

- No referral needed
- Access to licensed therapists and providers
- Support for stress, anxiety, depression, and more

## Pregnancy & Postpartum Support

**mywha.org/parentsupport**

In addition to WHA's healthy pregnancy benefits and resources, we've partnered with Maven Maternity to provide virtual coaching, resources, and guidance for growing families.

## Pain Relief & Mobility

*Move better, feel better*

## Acupuncture (Complementary & Alternative Care)

**mywha.org/cam**

Access acupuncture services through WHA's partner network—no referral required.

## Wellness & Lifestyle

*Stay active, reduce stress, and build healthy habits*

## Fitness Programs

**mywha.org/fitness**

Access a wide range of gyms and fitness centers at a low monthly cost.

## CommunityFit Classes

**mywha.org/communityfit**

Join virtual classes designed to improve strength, flexibility, and well-being.

## Health Classes & Support Groups

**mywha.org/classes**

Instructor-led programs covering nutrition, parenting, and stress management.

## Health & Fitness Discounts

**mywha.org/discounts**

Save on wellness products and services, including massage and fitness brands.

## Online Healthy Recipe Library

**mywha.org/recipes**

Explore healthy recipes to support better nutrition and long-term health.

