



CREATING A HEALTHIER YOU

You deserve every opportunity to reach your health and wellness goals, with programs and services built into Western Health Advantage plans for living a healthy lifestyle. Together with our health partners, WHA supports medical innovation and a holistic approach to helping members get and stay healthy. Let's get started on becoming a healthier you!



visit • mywha.org/wellness
everything you need to stay well

call • 916.563.2250; 888.563.2250 toll-free; TTY 711



Wellness Starts with Preventive Care

Preventive health includes annual wellness exams, health and cancer screenings, well-baby and newborn exams, and preventive immunizations, which are covered in your WHA health plan at no cost*. Visit WHA's website for preventive health guidelines including easy-to-read, up-to-date immunization schedules. Your primary care physician (PCP) will advise which preventive measures are right for you and your family. By following these guidelines and schedules, you are taking important steps to safeguard your health.

WHA often rewards members for taking proactive steps to staying healthy simply by completing preventive screenings and exams! Look for ways to get your \$20 gift cards by visiting mywha.org/guidelines to learn more about preventive health and incentives.

personal health assessment

mywha.org/wellness

Healthyroads® is an online health management tool where you complete an annual personal health assessment (PHA). You will receive a health scorecard that connects you with resources and information to create an action plan and improve your health/score. It's a terrific proactive tool to further your health journey.

behavioral and mental health

mywha.org/bh

Your mental health is integral to your overall health and well-being. If you or a loved one is living with depression, anxiety, a substance use disorder, or other mental health conditions, help is available through your WHA plan. In partnership with Optum, WHA offers a full spectrum of services, along with tools and resources to support you and your family. You don't need a referral from your PCP. Contact Optum for access to qualified mental health professionals, resources and nearby facilities.

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

Essential Care

You've got the support and resources you need

chronic condition management

mywha.org/dm

Members living with a chronic illness have access to helpful resources and a care manager to help them manage their condition. Members living with the following chronic illnesses: asthma, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), or diabetes (type 1 and type 2) may be eligible for personalized support to manage your health and related risk factors.

type 2 diabetes prevention

mywha.org/preventdiabetes

WHA's Real Appeal diabetes prevention program helps you and covered family members take small, doable steps to gradually shift to a healthier, happier lifestyle. It's free to eligible members at risk for diabetes. Personalized coaching, tracking tools, and resources make a long-term difference.

type 2 diabetes reversal

mywha.org/reverseddiabetes

Virta Health is a telehealth program that helps participants lower blood sugar and A1C, reduce or eliminate diabetes medications, and lose weight. With hundreds of WHA members in the program and already seeing great results. This program includes a medical coaching team, a weight scale, glucose meter, ketone strips, lancets, swabs, and other resources at your side.

hypertension management

mywha.org/manageHBP

For members over age 18 with high blood pressure (also known as hypertension), Livongo® offers advanced tools to help manage high blood pressure, such as a connected blood pressure monitor sent directly to your home, real-time advice on your readings, and personal coaching and support.

nutritional counseling

mywha.org/nutrition

Whether dealing with issues of obesity, eating disorders, or needed weight gain, eligible members who meet specified medical criteria may talk to their doctor to get a referral to a nutritionist for visits. You'll have the same cost-sharing that you would have for a primary care office visit.

smoking cessation

mywha.org/quit4life

Quit for Life is a program for WHA individual and some employer group members looking to overcome tobacco and nicotine addiction dependency. The program offers personal coaching by phone, chat, or text; online group sessions; and nicotine replacement therapy.

pain management

mywha.org/digitalcare

Managing pain is easier through Kaia Health, an innovative program and app to help with back, neck, and knee pain. When you can't get to in-person therapy or travel to appointments, AI-driven technology uses your mobile phone to deliver coaching and feedback, function assessment, and warm-ups for virtual therapy that is accessible anytime or anywhere.



Supporting Your Healthy Lifestyle

Choose programs to keep you healthy and fit

acupuncture

mywha.org/cam

WHA plans include Complementary and Alternative Care (CAM) through our partner, Landmark Healthplan of CA, where acupuncture services do not require a referral.

fitness center partnerships

mywha.org/fitness

WHA gives you reason to get active through our gym and fitness center partnerships. Active&Fit Direct™ offers you access to a wide range of fitness centers for a minimal monthly fee. We also offer discounts with local area fitness partners. Visit our website for a list of locations.

communityfit classes

mywha.org/communityfit

Join our popular virtual classes designed to boost confidence in body and mind. Led by a health and fitness coach, these creative exercises help develop strength and movement, and help you to stress less and feel your best.

health classes and support groups

mywha.org/classes

Access instructor-led health education programs sponsored by our network's medical groups. Find classes or support groups in nutrition, parenting, pregnancy and childbirth, smoking cessation. Unless otherwise noted, most classes are free.

health and fitness discounts

mywha.org/discounts

Together with our Active&Fit™ partner, we bring ChooseHealthy® with discounts from 10-50% on popular health and fitness brands. You can also save money on therapeutic massage services through a network of local practitioners.

online healthy recipe library

mywha.org/recipes

Browse hundreds of healthy recipes from reputable health organizations supporting heart health and other health conditions. Reap the benefits of a nutritionally sound lifestyle improving emotional well-being, weight management, and longevity.

pregnancy and postpartum

mywha.org/parentsupport

In addition to WHA's healthy pregnancy benefits and resources, WHA partnered with Maven Maternity to provide virtual support from coaches and specialists, along with educational materials for expectant parent/partner.

weight loss management

mywha.org/weightloss

WHA members have access to Real Appeal, a personalized 52-week virtual weight loss management program that includes coaching, digital resources to track progress, a food scale, exercise DVDs, and online group sessions.

