SMALL GROUP

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

WHA-HLF-SG-0726



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 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 & Chiropractic Care

mywha.org/cam

Access Complementary and Alternative (CAM) 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.

