

Western
Health
Advantage



advantage



Health & Wellness Benefits

For large and small group plans



Western Health Advantage believes you deserve every opportunity possible to reach your health and wellness goals. You have access to a complete suite of programs and resources to support you in your journey.

healthy living resources | mywha.org/wellness





Four new benefits included on 2022 group plans

Nutritional counseling benefit

> mywha.org/nutrition

There are a number of reasons to consider counseling for nutrition, but when your weight impacts your health and lifestyle, then it's important to look for support from your doctor and your health plan.

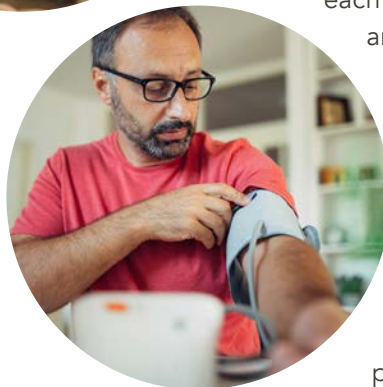
WHA's network medical group partners support our group members in weight management, whether for addressing obesity, eating disorders, or needed weight gain. Talk with your doctor, as you must meet specified medical criteria and demonstrate a documented readiness to make nutrition and lifestyle changes. If your doctor refers you to a nutritionist, you will have the same cost-sharing* that you would have for a primary care office visit. Eligible members get three initial visits with a nutritionist; with additional visits based on documented improvement. *Refer to your plan's copayment summary for cost-sharing amounts.



Online tools to manage hypertension

> mywha.org/Livongo

Livongo for Hypertension program delivers tools and coaching to help adults living with hypertension better monitor and manage your blood pressure. Livongo includes a suite of tools including a connected blood pressure monitor, real-time insights after each reading, health education, and one-on-one support from expert coaches. Individuals will access Livongo's wireless, mobile, web-based hypertension portal. Here's what you get when you sign up: an advanced blood pressure monitor sent to your home; personalized insights into blood pressure readings; one-on-one coaching and guidance for making changes and to help you develop healthy habits in your diet and lifestyle; all in an easy-to-use app and dashboard.

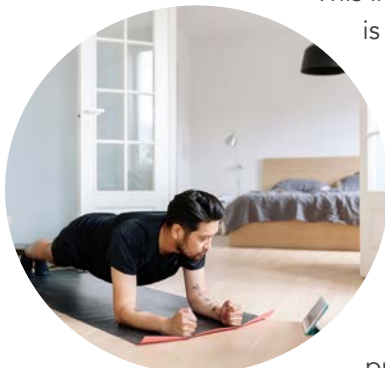


Mobile app for pain management

> mywha.org/Kaia

Kaia Health offers a digital physical therapy app for acute and chronic musculoskeletal (MSK) pain. With Kaia, you receive physical therapy through your mobile phone or tablet. Adults with acute or chronic pain—in their neck, shoulders, back, hips, wrists and knees—may benefit from timely physical therapy receive artificial intelligence/AI-driven physical therapy instruction and monitoring.

This innovative new technology is designed by orthopedists and physical therapists and shows real promise for members to get care conveniently. It's a way that WHA can offer convenient care with smart health technology so members can be proactive in own health care.



Health and fitness discounts

> mywha.org/fitness

Together with our Active&Fit™ partner, we bring **ChooseHealthy®** providing savings on wellness products and services to help you discover new ways to live better every day. The program includes product discounts from 10% to 50% on popular health and fitness brands, such as FitBit, Garmin, SunBasket, Skechers, and more. Members also save money on therapeutic massage services through a network of practitioners. There's also no-cost online health classes and other services to support a member's healthy lifestyle.





Gym and fitness center partnerships

- > mywha.org/fitness WHA makes the decision to be active a little easier through gym and fitness center partnerships. Active&Fit Direct® allows you access to a wide range of fitness centers for a minimal monthly fee. Other area partners include: California Family Fitness; HealthSpring Fitness (Vacaville); Spare Time Clubs; and Synergy Health Club (Petaluma and Napa). Visit our website to get an up-to-date list of gym partners with details on how to contact or visit their facilities. Be sure to let them know you are a WHA member, showing them your ID card when applicable.

Type 2 diabetes reversal program

- > mywha.org/Virta WHA partners with Virta Health to offer a clinically proven treatment to reverse type 2 diabetes without calorie-counting, surgery, or medication. The Virta program is different from other diabetes treatments, as it teaches you how to change your diet so your body burns fat for energy, lowers your blood sugar, and the need for diabetes medication. This program is at no added cost to eligible members. Virta's telehealth program helps patients lower A1c, reduce or eliminate diabetes medications, and lose weight.

Preventive care resources

- > mywha.org/guidelines Preventive health guidelines are designed to help make more informed decisions about your health. WHA wants you to know that by following these guidelines and working with your doctor you are taking important steps to safeguard your health. Guidelines include health screenings, tests and other services that are available to you at no additional cost*, starting at birth through adulthood. WHA also includes easy-to-read, up-to-date immunization schedules as recommended by the Centers for Disease Control and Prevention. *Coverage for WHA services depends on eligibility at the time of service.

Online, personal wellness portal

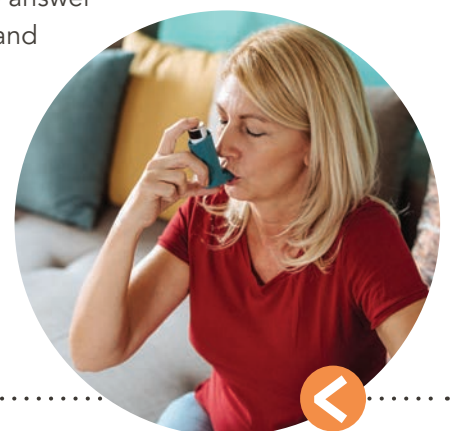
- > mywha.org/wellness WHA's MyWHA Wellness program helps you set personal wellness goals while providing easy online tools to help you achieve them. Your health and wellness portal is the central hub for all wellness program components. Start by taking the wellness assessment, which will give you a wellness score along with a personalized report about your medical and behavioral health risks. Within the portal you can set individual health goals, get personalized action plans, track your progress, access helpful health content, and be part of a supportive online community.

24/7 nurse advice via secure chat or phone

- > mywha.org/nurse24 You have 24/7 access to an advice line staffed with California licensed registered nurses. With Nurse24, speak directly with a nurse by calling our dedicated phone number or even chat online. If needed, there are interpreters available upon request. Registered nurses are available to answer any of your health questions, including direct referrals to disease management and other programs.

Chronic care/condition management

- > mywha.org/DM WHA members have access to disease management programs at no additional cost. The programs offer members living with a chronic illness helpful resources to manage and control their condition. The programs focus on these chronic illnesses: asthma, coronary artery disease, and diabetes.



Library and decision aids

> mywha.org/healthsupport WHA's wellness library covers a variety of health topics and includes an interactive program known as Decision Aids that guides you through important health decisions. Decision Aids combines medical information with your personal values on medical tests, medicines, surgeries and other treatments. It guides you to make informed decisions about your health care.

Classes and support groups

> mywha.org/classes You have access to most of the instructor-led health education programs and classes sponsored by our network's medical groups. Find classes, programs and/or support groups for: diabetes, lung health, nutrition, orthopedics, parenting, pregnancy and childbirth, smoking cessation. Unless otherwise noted, most health programs or classes are free.



Western Health Advantage



mywha.org/wellness

916.563.2250 or **888.563.2250**

For TDD/TTY services: 888.877.5378

Healthy and delicious recipes

> mywha.org/recipes The benefits of a nutritionally sound lifestyle are countless and include decreased risk for and treatment of infections and disease, improved emotional well-being, healthy weight management and lengthened longevity. Using the WHA website, you can browse hundreds of healthy recipes from reputable non-profit health organizations such as: American Heart Association, American Diabetes Association and American Cancer Society.



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