



Western Health Advantage



.....meet **MyWHA**



Whether you are opting for coverage for the first time or have the opportunity to select a new plan, choose a health plan that gives you a sense of balance between your health care needs and your budget.

Western Health Advantage prides itself in being the choice of more than 100,000 Northern California residents and 5,000 employers. We have a passion for health care, shown in our support of medical innovation and a whole-person view of health to provide care for your changing needs.

We are here to help you stay healthy and facilitate the care you need. We understand that you have options in health coverage. Let us show you the simple ways to access the information and care you need. Get to know us at mywha.org.

..... advantage  a healthy balance



choice

Care begins with **PCP selection**

When selecting a primary care physician, you can choose from thousands of providers. We're proud of our extensive network of doctors and specialists.

● mywha.org/directory



balance

Behavioral health on all plans

We have partnered with mental health and substance abuse experts to assist you in a wide variety of situations. Prevention programs covering various behavioral health topics are available.

● mywha.org/bh





local care

Get services at **nearby** facilities

You will find conveniently located hospitals as well as full-service care centers that offer a wide array of services under one roof.



● mywha.org/network



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I would like you

alternative

Find an **option** to traditional care

Acupuncture and chiropractic care can provide hands-on treatment of pain as well as promote and restore the balance of energy flowing throughout the body. [coverage varies by plan]

● mywha.org/cam



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24/7 access

Register for a **MyWHA account**

Securely access your member ID, plan benefit details, and links to virtual care options by desktop, laptop or smartphone.

● mywha.org/signup



to meet MyWHA—

healthy lifestyle



Stay well with a **healthy plan**

Our MyWHA Wellness online portal keeps your health status right at your fingertips. Complete an assessment, set goals, and follow an action plan.

● mywha.org/wellness

We make **being active** easier

Stream a fitness class from home, order new workout equipment, or choose a local fitness center—there's discounts available for all.

● mywha.org/fitness



Virtual care anytime, anywhere

Telehealth options available through your PCP's office, or if you need immediate urgent care, you have more virtual visit choices.



..... ● mywha.org/virtual



Emergency assistance **when you travel**

When you travel 100 or more miles from home you are eligible for assistance with medical consultations and referrals, care of a minor child, lost luggage, and more.

● mywha.org/travel

health advice

Call or chat for **nurse advice**

Around-the-clock access to registered nurses who are ready to answer your health questions, including direct referrals to disease management nurses.

● mywha.org/nurse24



Help with a **chronic condition**

WHA offers disease management programs with no out-of-pocket costs to members living with chronic conditions like diabetes and asthma.

● mywha.org/dm



Western Health Advantage



visit mywha.org

916.563.2250

888.563.2250 toll-free

888.877.5378 tty

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Sacramento, California 95833

It's nice to meet you.

At Western Health Advantage, we build long-term, personal relationships because we're easy to work with, reliable and innovative. Our local service team strives to provide any help you need. You can easily reach us in person or on the phone. We are here to answer your questions about WHA.

advantage > **you**