



meet  
MyWHA

Western  
Health  
Advantage





..... advantage  **you can count on us**

# Western Health Advantage



Whether you are opting for coverage for the first time or have the opportunity to select a new plan, we encourage you to choose a health plan based on your own needs and expectations.

Western Health Advantage prides itself in being the choice of thousands—from Fairfield to Folsom and Penryn to Petaluma. We have a passion for health care, which is seen in our support of medical innovation and promotion of whole-person health to suit your changing needs. We are here to help you stay healthy and facilitate the care you need when you need it.

We understand that you have options in health coverage. Let us introduce you to what makes us the health plan of so many. Get to know us at [mywha.org](https://mywha.org).

advantage > you



## choice

Care begins with **PCP selection**

When selecting a primary care physician, you can choose from hundreds of providers. We're proud of our provider network—and you will be too.

● [mywha.org/directory](https://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 also available.

● [mywha.org/bh](https://mywha.org/bh)





## convenience



Enjoy the peace-of-mind of **local services**

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](https://mywha.org/network) ▶ .....

# I would like you

## alternative

Find an **option** to traditional care

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

● [mywha.org/cam](https://mywha.org/cam)





## 24/7 access .....

Access your health plan with **MyWHA**

You can securely access your member ID card, view benefit details and map directions to your doctor's office from your desktop or smartphone.



● [mywha.org/apps](https://mywha.org/apps)



# to meet MyWHA—

## accountability



We encourage **healthy lifestyles**

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](https://mywha.org/wellness) .....

We make **being active** easier

Choose a partner gym or fitness center close to where you live or work and inquire about member discounts available to you.

● [mywha.org/gyms](https://mywha.org/gyms)





Keep in touch with **personal portals**

You have options for communicating with your doctor. Most of our partners have online capabilities such as scheduling appointments, viewing lab test results and accessing your medical record.



..... [mywha.org/connect](https://mywha.org/connect) ● .....



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](https://mywha.org/travel)

## health advice

Call or chat for **nurse advice**

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

● [mywha.org/nurse24](https://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.

● [mywha.org/dm](https://mywha.org/dm)





## Western Health Advantage

visit [mywha.org](http://mywha.org)

**888.563.2250** toll-free

**916.563.2250** toll-free

**888.877.5378** tty

2349 Gateway Oaks Drive

Suite 100

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. Reach out to us today to discuss how we can turn WHA into **yourWHA**.