

advantage

# Health & Wellness

Western Health Advantage believes you deserve every opportunity possible to reach your health and wellness goals. As a WHA member you have access to a complete suite of programs and resources.



- Online, personal wellness portal
- Gym and fitness center discounts
- Preventive care resources
- Instructor-led classes and support groups
- Healthy and delicious recipes
- 24/7 nurse advice via chat or phone



## Online, personal wellness portal

> [mywha.org/wellness](https://mywha.org/wellness) WHA's online wellness program keeps your health status right at your fingertips. MyWHA Wellness helps you set realistic wellness goals while providing the tools you need to achieve those goals.

Your health and wellness portal at [mywha.org/wellness](https://mywha.org/wellness) is the central hub for all wellness program components. Once you create your new online account, you can get started by taking the wellness assessment. It 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 vibrant online community. With healthy recipes, videos, podcasts and informative articles, you'll find endless inspiration to help you reach your health improvement goals.

[see reverse for additional wellness benefits](#)

Western  
Health  
Advantage



learn more: Member Services  
916.563.2250 | 888.563.2250

advantage you



# Western Health Advantage



## Gym and fitness center discounts

> **mywha.org/gyms** WHA makes the decision to be active a little easier through gym and fitness center discounts. Discover our newest partnership, Active&Fit Direct®, which allows you access to a wide range of fitness centers for a minimal monthly fee. Other area partners include: California Family Fitness; CrossFit ASAP (Dixon) ; HealthSpring Fitness; Spare Time Clubs; and Synergy Health Club. 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 Western Health Advantage member, showing them your member ID card when applicable.



## Preventive care resources

> **mywha.org/guidelines** Preventive guidelines are designed to help you 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.



## Instructor-led classes and support groups

> **mywha.org/classes** You have access to most of the health education programs and classes sponsored by our network's medical groups, even those not connected to your primary care physician's medical group. You will find many classes, programs and/or support groups in these areas: diabetes, fitness, heart and vascular, lung health, nutrition, orthopedics, parenting, pregnancy and childbirth as well as smoking cessation. Unless otherwise noted, most health programs or classes are free.



## 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 the American Cancer Society.



## 24/7 nurse advice via chat or phone

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