



advantage

# MyWHA Wellness.

**Are you ready to enjoy better health? MyWHA Wellness has a prescription for you.**

**Be the best you can be! Try something new!**

Take advantage of Western Health Advantage's health and wellness tools, an added benefit to all WHA health plans, and change your life!

**WHA's wellness program has a new name and a new partner!** Effective January 1, 2016, our wellness program—MyWHAWellness—will now be provided by Alere™. Enjoy one-click access to Alere's online health and wellness tools, disease management services and Nurse24<sup>SM</sup> advice line.



Complete your Wellness Assessment



Develop a personalized health improvement plan



Use online, easy-to-navigate tools to support your health and wellness plan



Monitor your progress toward your goals with customized health trackers



Use self-guided online coaching modules for help quitting smoking, losing weight, eating better, controlling diabetes and so much more



Western Health Advantage

Discover the advantage of MyWHA Wellness | [mywha.org/wellness](http://mywha.org/wellness)

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