

## Take a Break the WHA Way!

We know it's a busy time, so here are a few ways to tap into WHA Wellness:

1. **CommunityFIT** just kicked off this month, with Wednesday's **Mid-week Desk Stretch** and Friday's **Adjusting to Change** classes (both start at 12:15 pm.). [Register here.](#)
2. **Did you know that up to 80% of doctor visits are for conditions related to stress, that can increase an individual's cardiovascular risk?** Recently, WHA, the American Heart Association, and Dignity Health teamed up to address this topic. Learn tips from our article: [Working Together: Mind and Body, Keeps Your Heart Strong](#). And, (hint), we all know it boils down to Think Positive, Laugh More, Exercise, and Eat Well!
3. **Download [AbleTo](#) available to WHA members for stress management** and relief, with relaxation tips, and meditation and self-care tips. Also, you can enhance your experience with personalized coaching tips and if you want more support, therapy is available (copays apply).

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## Earn WHA Healthy Rewards!

Staying proactive in your preventive health like annual wellness visits, cancer screenings, your child's vaccinations, and even getting the flu shot – will let you reap WHA Healthy Rewards! We've made it easier for our CalPERS members to get rewarded for taking good care of themselves and loved ones by getting a \$20 gift card when they complete specific health care activities. The activities that members may be eligible for are based on age, gender, and health status. Members can activate their healthy rewards account at [whahealthyrewards.novu.com/intake](http://whahealthyrewards.novu.com/intake).

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## Vacation Confidently: Updated App at Your Fingertips

Assist America improved its mobile app, just in time for upcoming holiday travel. With natural disasters, flight delays, and more, you never know what to expect and why this WHA plan benefit is such a lifesaver when traveling 100 miles away from home. Details on [this flyer](#) and a QR code for members to quickly download the improved mobile app, before their next trip. (**Note:** after getting the app, they ask for the WHA reference ID: 01-aa-wha-02083).

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## Ready to Quit Smoking... or Vaping?

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Together with WHA, the Quit for Life® program is designed to give WHA members the confidence they need to quit tobacco for good. This program provides coping skills and a personalized Quit Plan, access to a personal coach via phone, chat, or text, and nicotine replacement therapy. There is no added cost for WHA members to participate. Register for Quit for Life by calling **1-866-QUIT-4-LIFE** (TTY 711) to enroll, go to [quitnow.net](http://quitnow.net), or learn more at [mywha.org/quit4life](http://mywha.org/quit4life).

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## We're here to Help Answer Immediate Questions...and Beyond!

We have expanded availability both by phone and secure email which allows employees to easily ask questions at their convenience. Our dedicated CalPERS Member Services team is available Monday through Sunday (excluding holidays) from 7 a.m. to 8 p.m. However, if a WHA member would like to send a secure message, they can also do that at any time. They simply log into their myWHA account and click on the Secure Message Center (envelope icon at the top right of the webpage/mobile device click the menu symbol). A representative from Member Services will respond to their inquiry within one business day. The advantage of secure email is that we're able to not only reply to questions or concerns, but provide related links for details.

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### Here for you!

We're here for administrative support if you need it. We have expanded availability both by phone and secure email, allowing employees and retirees to easily ask questions at their convenience.

[Contact Us](#)



Chandra Green  
CalPERS Account Representative  
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