



Healthy Lifestyle Program

Empower your employees and their families to lead healthier, more fulfilling lives with our **Healthy Lifestyle Program** that positively impacts their overall health and well-being.

Offered as an optional rider to our large group employers, this program guides employees on their journey to improved health during important health circumstances as they gain personalized support, virtual coaching, and access to online community resources and invaluable tools. Employers can take advantage of these vital support systems through this combined lifestyle impact program with WHA.

The keys to maintaining a healthy lifestyle are a well-balanced diet, regular exercise, and avoiding harmful habits like smoking. We're proud to offer this Healthy Lifestyle Program because it is interconnected through its impact on an individual's (and their family's) health and associated risks, lessened through a lifestyle change that supports long-term health and well-being.

Group Sales:

916.563.3198 or 888.499.3198 toll-free

whasales@westernhealth.com



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Weight Loss

Carrying excess body weight often leads to other chronic health conditions, such as diabetes, hypertension, and heart disease. The value of WHA's **Weight Loss** program working in conjunction with Real Appeal® is that it uses clinically proven research and an engaging online experience to not only prevent chronic health concerns but also drive lasting behavior change resulting in weight loss. The program includes:

- Food and weight scale, portion plate, and digital fitness tools delivered at home
- Personal health coaching available through a weekly online session with text messaging
- A connected and motivational program that combines digital tools with live group coaching and ongoing support. The app and digital platform help members stay accountable by easily tracking food, activities, and weight anytime, anywhere.
- Reportedly, 88% of participants lose weight in this program!

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Smoking Cessation

Smoking is a harmful habit that negatively impacts your health leading to serious health conditions. The **smoking cessation** program, Quit for Life® is designed to give your employees or their dependents the confidence to quit tobacco for good and embrace a healthier lifestyle. The program includes:

- Personalized Quit Plan
- Nicotine replacement therapy (NRP)
- 1:1 access to coaches via phone, text or chat 24/7
- Coach-led group sessions to help manage triggers
- A mobile app for texting coaches for coping mechanisms (and encouragement) as well as tips and reminders to help stay on track

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Maven+

From starting a family to maintaining a family, parenthood is hard. It's easy to stress over fertility, finances, childcare, childhood development, as well as manage and maintain your own health and well-being. Maven+ offers women and their families extensive end-to-end health support from conception all the way to menopause through a series of inclusive programs. Maven+ includes:

- Three twelve month programs that include fertility and family building, parenthood and pediatrics, and menopause and ongoing care
- A twenty-one month program featuring maternity and newborn care
- Unlimited, on-demand access to Maven's telehealth networks
- Coaches and specialists who speak over 35+ languages
- A Maven Care Advocate to help you navigate the best providers to fit your needs

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