



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 Nurse24SM 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

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2016

member UPDATE

Thank you for allowing us the opportunity to serve your health care needs. Please don't hesitate to contact our Member Services department if there is anything we can do to make your membership with Western Health Advantage more valuable to you or your family.

This is a notification of changes and updates to the Combined Evidence of Coverage and Disclosure Form (EOC/DF). The EOC/DF specific to your plan is available by logging in at mywha.org, calling our Member Services department at 888.563.2250 or 888.877.5378 tty (Monday – Friday, 8 a.m. to 6 p.m.) or by requesting a copy from your employer.

The following are changes and updates for the 2016 EOC/DF:

- Amendment to Privacy Notice
- Clarification of Prior Authorization requirements for prescription medications and behavioral health services
- Clarification of Transition of Care and Continuity of Care with regard to Facility-based services
- Clarification of Preventive Services and Immunizations (Annual Influenza Immunizations)
- Clarification of the Family Planning benefit
- Clarification of Behavioral Health Services to comply with federal law related to Mental Health Parity
- Amendment to Prescription Medication Benefit with regard to Mail Order Pharmacy medications
- Amendment to Reconstructive Surgery Benefit to comply with state law
- Clarification of Cosmetic Services Exclusion
- Amendment to the Effective Date of Coverage
- Clarification of Special Enrollment rules for dependents
- Clarification of Individual Continuation of Benefits
- Clarification of Reimbursement Provisions related to balance billing from Non-participating providers and hospitals
- Clarification of Investigational/Experimental Treatments
- Amendment to Preventive Services Covered Without Cost-Sharing (Appendix A)



IMPORTANTE: ¿Puede leer este documento? Si no, nosotros le podemos ayudar a leerlo. Además, usted puede recibir el documento escrito en español. Para obtener ayuda gratuita, llame ahora mismo a Western Health Advantage al 888.563.2250, de lunes a viernes de 8 a.m. a 6 p.m.

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WESTERN HEALTH ADVANTAGE PLAN Notice to Enrollees

Western Health Advantage will change its mental health and substance use disorder benefits starting on January 1, 2016. A federal law, The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act, and Covered California rules require these changes.

The changes listed below start January 1, 2016. This information updates the benefits described in an evidence of coverage (EOC) that you will receive for 2016. The EOC is a written guide to the services the health plan covers and what you pay for services.

Changes to Cost-Sharing

Please see plan details on chart on reverse: The amount you pay (also known as cost-sharing) may have changed for outpatient mental health and substance abuse disorder services. (Intensive Outpatient and Partial Hospitalization Services changed from Inpatient Services to Outpatient Services.) Note that the changes do not increase cost-sharing. They either keep cost-sharing the same or decrease it.

Changes to Prior Authorization Requirements

The requirements to obtain prior authorization for some mental health and substance abuse disorder services have changed. This information will be in your 2016 EOC.

Changes to the EOC for Mental Health and Substance Abuse Disorder Services

Please contact WHA at 888.563.2250 or visit mywha.org to obtain an updated 2016 EOC and for more information on the EOC changes listed below.

WHA has revised the text in all EOCs to clarify the types of inpatient and outpatient services and treatment that WHA provides for mental health and substance abuse disorder conditions. The most significant text changes can be found in the following EOC sections:

- Behavioral Health Services section: the types of covered inpatient services, outpatient services, and office visits for mental health and substance abuse disorder services have been listed.
- Prior Authorization Requirements: the listing of covered mental health and substance abuse disorder services that require prior authorization and the process for obtaining prior authorization has been clarified.
- Definitions: the definition of "Prior Authorization" has been revised.

Questions

If you have questions about mental health and substance use disorder benefits, or how to access them, please contact WHA at 888.563.2250.

**Cost- Sharing for Mental Health Disorders and Substance Abuse:
Outpatient Services (Intensive Outpatient and Partial Hospitalization)**

Large Group Plan	Current	As of 1/1/2016
Premier 10	None	None
PRMS 10	None	None
Premier 15	None	None
Premier 20	None	None
Premier 40	None	None
Advantage 15-30	\$125 per day, days 1-3	None
Advantage 420	\$125 per day, days 1-5	None
Advantage 70	30%	None
Advantage 40	30%	None
Western 4010	\$125 per day, after deductible	None
Western 2025	\$125 per day, after deductible	None
Western 4025	\$125 per day, after deductible	None
Western 5045	40% after deductible	\$50 per visit
Western 1800 HSA	None	None
Western 2800 HSA	\$125 per day, after deductible	None after deductible
Western 2800B HSA	\$125 per day, after deductible	None after deductible
Western 3000B HSA	30%	30%
Western 4000B HSA	40%	40%
Western 5500B HSA	None	None