As you look to improve your wellbeing, whether through fitness or improved eating habits, we provide the tools to help them on the right road.

Look to our website for these benefits:

**Gym and Fitness Center Discounts**
Take advantage of our gym and fitness center discounts to help you stay active and healthy.

▷ LEARN MORE: mywha.org/gyms

**Health and Wellness Classes**
Attend health education programs and classes sponsored by our network medical groups.

▷ LEARN MORE: mywha.org/classes

**Online Healthy Recipes**
Benefit from a nutritious diet—improve your well-being while decreasing risk of disease.

▷ LEARN MORE: mywha.org/recipes

Western Health Advantage
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