

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

ISSUE ELEVEN | NOVEMBER 2024

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### Understanding Seasonal Affective Disorder



As we move into the fall season and daylight hours begin to dwindle, many of us may notice a shift in our mood and energy levels. This change can be more than just a seasonal adjustment; for some, it may be a sign of Seasonal Affective Disorder (SAD).

#### What is SAD?

SAD is a type of depression that typically occurs during the fall and winter months when daylight is limited. It's thought to be related to changes in light exposure and can affect your overall well-being.

#### Common Symptoms of SAD:

- Persistent Sadness: Feeling down most of the day, nearly every day.
- Fatigue: Experiencing low energy and a lack of motivation.
- Changes in Sleep Patterns: Oversleeping or difficulty staying awake during the day. [Click here](#) to read more.

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# IMMUNITY

Like diseases, there are different types of immunity. Existing types of immunity include active and passive immunity. Your immune system defends your body against infections and illnesses by making proteins called antibodies that kill viruses and bacteria.

Active immunity occurs when exposure to a disease triggers the immune system causing the body to produce antibodies to protect the body from the disease triggered.

Passive immunity is provided when a person is given antibodies to fight off diseases rather than producing them through their own immune system.

**Active Immunity:** Active immunity can be acquired through natural immunity or vaccine-induced immunity

**Natural Immunity:** Natural immunity can weaken over time, how quickly or slowly this happens depends on the disease itself. Natural immunity is acquired from exposure to the disease organism through infection.

[Click here](#) to read more.

UnitedAg is proud to participate in NAMI Walks Orange County at Angels Stadium on November 16! ❤️ Help us raise funds and awareness for mental health support and advocacy. Your donation, no matter the size, makes a meaningful difference for those affected by mental health conditions. 💪❤️

👉 Donate or join us here: <https://bit.ly/47O8jGD>



## Team Member Spotlight



### ANIKET MUTATKAR BI Reporting Analyst

Having joined UnitedAg in June of 2024, Aniket is helping drive optimization and innovation within various departments through data analytics and custom automation projects. He is dedicated to enhancing the database architecture to ensure accurate and efficient delivery of data, supporting UnitedAg's operational success.



# PUMPKIN SEED RECIPES

Pumpkin Seeds have many health benefits. In this article we will show you how to dry pumpkins seeds and share five delicious pumpkin seed recipes for you to try.

[Click here](#) to read more.

## The Power of Plant-Based Proteins!

Plant-based proteins are gaining attention for their health benefits. Sources like lentils, chickpeas, quinoa, and edamame are not only rich in protein but also provide essential fiber, vitamins, and minerals. Studies suggest that plant-based diets can help reduce the risk of chronic diseases like heart disease, diabetes, and even certain cancers.

**Quick Tip:** Try swapping animal-based proteins for plant-based ones a few times a week to boost your health and reduce your environmental footprint.

Plant proteins are not just a trend –they're a nutritional powerhouse!



## November Pharmacy Prescription Formularies

Download the latest formularies below. They are updated monthly. The coverage associated with each drug is noted on the formulary. Also included is information regarding which drug products are subject to prior authorization and quantity limits. The formulary documents do not list every covered medication.

- [Complete Formulary](#)
- [Specialty](#)
- [Prior Authorizations](#)
- [Quantity Limits](#)
- [Step Therapy](#)
- [Generic vs Brand Names](#)

To download these formularies and access additional pharmacy resources, visit our FAQ page at [unitedag.org/chs](https://unitedag.org/chs).

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## INGREDIENTS

- 1 kilo ground turkey
- 2 eggs lightly beaten
- Half an onion, minced
- ¼ cup almond flour
- 4 garlic cloves, minced
- 1 ½ tablespoon rosemary, minced
- 1 ½ tablespoon chopped thyme
- 1 tablespoon salt
- ½ tablespoon of black pepper
- 3 tablespoons of olive oil
- 1 cup chicken broth
- ¼ cup Dijon mustard
- ¼ cup unsweetened maple syrup
- 2 tablespoons mayonnaise
- Rosemary
- Thyme



## TURKEY MEATBALLS RECIPE



## PREPARATION

In a large bowl, add the ground beef, minced onion, eggs, garlic, almond flour, thyme, rosemary, salt, and pepper. Using our hands, we mix everything.

With a medium size scoop, or with our hands, we mold the meat into meatballs until there is no mixture left. Then, put the meatballs on a plate.

In a large pan over medium heat, add 2 tablespoons of olive oil. Add half of the meatballs in the pan and fry until cooked well. Remove and brown the remaining meatballs by adding another tablespoon of oil to the pan. Remove the remaining meatballs once they're browned as well. Add the chicken broth to the frying pan and scrape the browning from the bottom with a spatula. Then, add the Dijon mustard, mayonnaise and maple syrup. We mix everything and let it boil over low heat until the consistency turns creamier. Add the meatballs to the pan and let it heat. To serve, we garnish our dish with a little rosemary and thyme. And voila, we have our turkey meatballs!



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[UNITEDAG.ORG/AEF](https://unitedag.org/aef)



# NOVEMBER NATIONAL DIABETES MONTH



Diabetes is a chronic condition where the body cannot properly use or store glucose due to insufficient or ineffective insulin. This leads to high blood sugar levels. It's a growing epidemic in the U.S., with one in nine adults affected. If current trends continue, one in three Americans may develop diabetes in their lifetime. Diabetes increases the risk of serious health issues, including heart disease, stroke, kidney problems, nerve damage, and vision loss. Factors like age, weight, family history, and lifestyle can increase your risk. Awareness and prevention are crucial to managing this widespread health challenge.

### Steps to Take:

**Get an A1C Screening:** Check your blood sugar levels to assess your risk. Visit [ua.clinic](http://ua.clinic) to schedule your appointment now.

**Choose Alternatives to Sugar:** Opt for healthier sweeteners and reduce sugar intake.

**Manage Sugar Cravings:** Find healthier ways to satisfy cravings.

**Lose Extra Weight:** Even a small weight loss can significantly lower diabetes risk.

**Be More Active:** Regular physical activity helps regulate blood sugar levels.

**Eat Healthy Plant Foods:** Include more vegetables, fruits, and whole grains for essential nutrients.

**Choose Healthy Fats:** Incorporate sources like nuts, seeds, and avocados.

**Avoid Fad Diets:** Focus on sustainable, balanced eating habits



## SAVE A LIFE - KNOW THE SIGNS

# WARNING SIGNS OF

## TYPE 1 DIABETES

HEADACHES

WEIGHT LOSS

BLURRY VISION

EXTREME THIRST

FREQUENT URINATION

INCREASED APPETITE

FRUITY BREATH ODOR

FATIGUE AND WEAKNESS

RAPID DEEP BREATHING

# Member Resources

Below are important links and information to help you understand and access your health benefits.

## CONTACT INFORMATION

### UnitedAg Member Services

Member Services	800.223.4590 <a href="mailto:memberservices@unitedag.org">memberservices@unitedag.org</a>
Member Advocate Service	800.223.4590 <a href="mailto:memberadvocate@unitedag.org">memberadvocate@unitedag.org</a>
SMS/Text Messaging Service	English: 949.594.0788 Spanish: 949.524.4877

### UnitedAg Hours of Service

Monday - Friday	6:30 am - 5:30 pm
Saturday	7:00 am - 3:30 pm

*\*Service Hours may vary during observed holidays.*

#### UnitedAg will be closed:

November 28 & 29  
December 25

## Network Partners

UnitedAg Health & Wellness Clinics	877.877.7981
Blue Shield of California (Pre-Authorization)	800.541.6652
Blue Shield National Coverage Network (Outside CA)	800.541.6652
SAIN (Outside U.S.)	653.536.7800
Costco Health Solutions (Pharmacy)	877.908.6024
Costco Specialty Service (Specialty Pharmacy)	866.443.0060
Teladoc (Telemedicine)	800.835.2362
myStrength (Mental Health Care)	800.945.4355
Spring Health (Mental Health Care)	855.629.0554
First Dental Health (Dental)	800.334.7244
VSP (Vision)	800.877.7195

## HELPFUL LINKS

### HealthChats

[www.unitedag.org/healthchats](http://www.unitedag.org/healthchats)

### Member Health Portal

[unitedag.org/healthportal](http://unitedag.org/healthportal)

### Health & Wellness Clinics

[ua.clinic](http://ua.clinic)

### Network Partner Directories

[unitedag.org/networks](http://unitedag.org/networks)

### Quick Guide

[unitedag.org/quickguide](http://unitedag.org/quickguide)

### Summary Plan Description (SPD)

[English](#) | [Spanish](#)

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### SUPERVISOR ESSENTIALS WEBINAR

Webinar Available in English & Spanish



#### [English Webinar](#)

[Tuesday, November 19 | 10:30 am - 12:00 pm](#)

#### [Seminario Web en Español](#)

[Martes, 19 de noviembre | 8:30 am - 10:00 am](#)

Questions? Email [evmendoza@unitedag.org](mailto:evmendoza@unitedag.org).



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## YOUR HEALTHPLAN **news**

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