

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN **n**ews

ISSUE TWO | FEBRUARY 2025

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### CMO Message: Understanding Menopause & Perimenopause



Nearly a decade of a woman's life could be spent transitioning to menopause. This is one of the most challenging life stages and is often misunderstood and trivialized.

Menopause is reached when one year has passed since a woman's last menstrual period. Perimenopause is the transitional time before that when reproductive hormones start to change, impacting the menstrual cycle and fertility. Just because these changes are a normal part of a woman's life, you might feel anything but normal.

While symptoms like hot flashes and irregular periods are well-known, everyone experiences perimenopause differently. Physical symptoms could include thinning hair, weight gain, joint pain, change in libido, vaginal dryness, and urinary issues.

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## Continued: Understanding Menopause & Perimenopause

Cognitive and emotional symptoms can range from irritability to severe mood changes, brain fog, memory lapses, and poor sleep. Further, risk of developing chronic conditions such as diabetes, high blood pressure, and heart disease increases.

One more significant change during this transition is that you'll need your first mammogram earlier than you probably expected. The updated recommended age for women of average risk of breast cancer to start screening is now age 40, instead of 50. If you are at higher risk for breast cancer such as if you have a relative with cancer history, you might need screening even earlier.

All this is occurring at a time in life when many women are not only working hard to advance their careers but also serving as caregivers to children and elderly family members. Finding time to take care of yourself might feel like the last priority but it has to be the first. Don't be afraid to seek out medical support for both physical and mental health. Have an open conversation with your doctor about how you are feeling and be sure to ask whether there are any medications, supplements, therapies, or lifestyle adjustments that can help.

As daunting as perimenopause and menopause might be, remember that you don't have to power through it alone and UnitedAg is here to support you.

## Join Us Online for Health Chats

Led by our Chief Medical Officer, Rosemary Ku, helping our members navigate their healthcare journey is at the forefront of UnitedAg.

Join us each quarter for our webinar chat series designed to help you live your healthiest life.

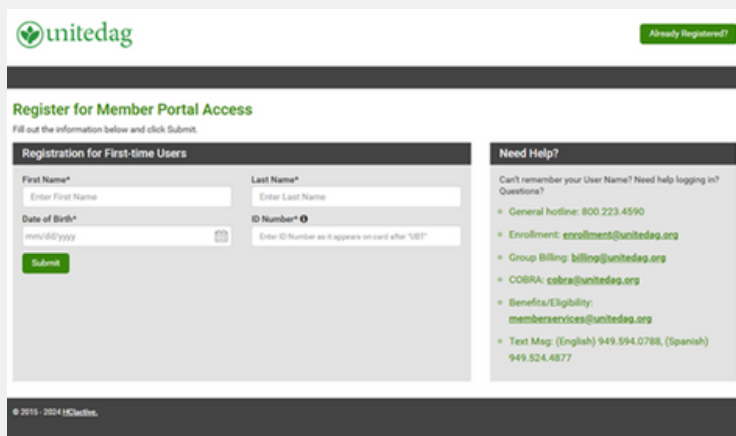
### HealthChats: Understanding Menopause & Perimenopause

**March 27, 2025 10:00 a.m.**

Menopause and perimenopause are natural stages in every woman's life, but they often come with questions and challenges. Join us for an insightful episode of HealthChats with Dr. Rosemary Ku, where we'll discuss the physical, emotional, and hormonal changes associated with these transitions.

## NOW AVAILABLE—NEW MEMBER HEALTH PORTAL

Discover UnitedAg's new Health Portal—your one-stop solution for managing health benefits. With a user-friendly interface, the portal provides quick access to your health plan details, claims, and resources, all in one place. Stay connected, informed, and empowered with just a few clicks. [Click here](#) to learn more.



## DOWNLOAD THE BENEFITS CONNECT APP NOW!

### UnitedAg Benefits Connect App

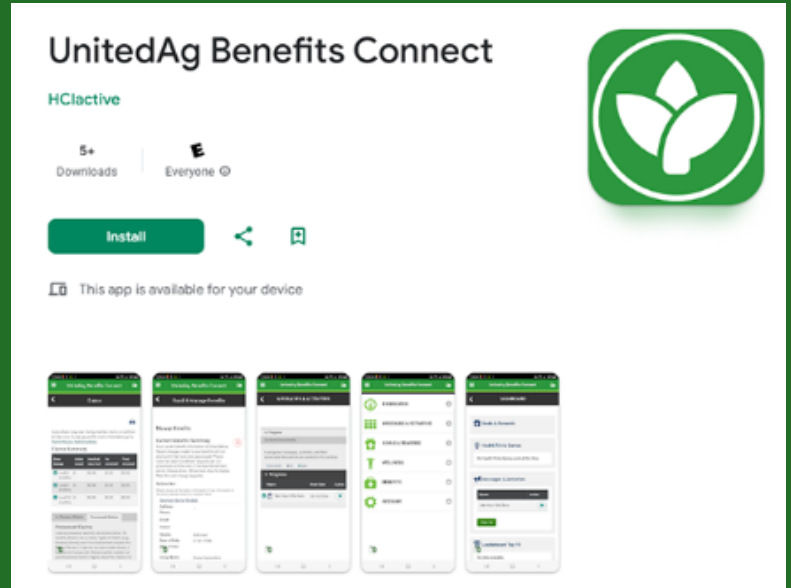
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

#### Apple Devices

[Download from the App Store](#)

#### Android Devices

[Download from the Play Store](#)



If you have questions, contact [enrollment@unitedag.org](mailto:enrollment@unitedag.org).

## REGISTER FOR THE NEW HEALTH PORTAL BETWEEN JANUARY 1ST & MARCH 31ST AND BE ENTERED TO WIN A \$25 VISA GIFT CARD!



Register for the new health benefits portal and be entered into a drawing to win a \$25 Visa gift card. 100 members will be selected. To participate in the drawing, you must register for the new health portal between January 1st through March 31st to be entered in the drawing.

**Contest rules:** Winners must be active participants of the health plan UABT to qualify for the drawing. Winners will be selected April 1st and will be notified via email and phone. [Click here](#) to register.



# YOUR MENTAL HEALTH BENEFITS HAVE EXPANDED

**UnitedAg members and their family now have access to the new Spring Health resource focused on Specialty Care.** Spring Health has expanded their platform to encompass Specialty Care to Advance Treatment for High-Acuity Behavioral Health Conditions.

Millions of people face challenges like trauma, anxiety, major depression, and disordered eating. You don't have to face them alone—we're here to help every step of the way.

Spring Health data indicates that 1 in 4 members struggle with risks for serious depression, 1 in 10 struggle with SUD, 1 in 15 are at risk for an eating disorder, and 1 in 25 exhibit suicidal or injurious behavior. By enrolling the highest-risk individuals into care, Spring Health's solution increases their likelihood of successful treatment tenfold at one-tenth the cost of traditional acute care options. The solution also helps employers address the highest-acuity cases that account for 80 percent of their behavioral health spend.

Spring Health is available to HSA plan members. However, in accordance to plan guidelines, HSA plan participants must pay the visit fees until the plan deductible has been met. After the deductible is met, applicable plan cost sharing will apply until the maximum out of pocket cost is met.

[Click here](#) to learn more or call 1-855-629-0554.

Spring Health

**Spring Health Specialty Care Program**  
**Rapid Access to Best-in-Class Care for Complex and Acute Behavioral Health Conditions**  
 Specially-trained Care Navigators use results from each precision mental health assessment to address the needs of high-risk members early, helping to identify specific goals and guiding them to the right level of care, including longitudinal support to keep them healthy.

**Services include:**

- Prevention and education
- Self-help tools
- Virtual one-on-one coaching
- Virtual outpatient treatment
- Virtual intensive outpatient treatment
- Inpatient residential treatment
- Community and recovery support
- Family counseling & support

**Engagement efforts include:**

- Emails
- Flyers
- Messaging templates
- Specialty Care-specific trainings & webinars

**The Spring Health Specialty Care Difference**

**Reach**  
Proactive outreach based on multiple pathways catches more high-risk members earlier

**Retain**  
Guiding members into right-sized care and regular follow-ups keeps members engaged

**Recover**  
Evidence-based interventions and aftercare mean members get better, and stay better

Spring Health

## FOR THE LOVE OF DARK CHOCOLATE

Dark chocolate can be the ultimate secret weapon when you're craving a treat. It's made from just cocoa solids, cocoa butter and sugar. The higher the percentage of cocoa, the more pure, rich chocolate flavor it has.

Cocoa is rich in flavanols. Flavanols act like antioxidants, which can help to protect against heart disease and lower your risk for type 2 diabetes.<sup>1</sup> Cocoa-rich dark chocolate contains two to three times more flavanols than milk chocolate.

When choosing dark chocolate, look for at least 70% cocoa to get flavanols, minerals (iron, magnesium) and less sugar. Remember that dark chocolate is fairly high in calories (150-170 calories per ounce). When you indulge, be mindful of portion size. Have a square after a meal or before bedtime as a treat.

Sparingly add dark chocolate to oatmeal, frozen treats or smoothies. Or, try our healthy and delicious recipes.

[Click here](#) to read more.



## Identifying Asthma



Do you or someone you know experience wheezing, breathlessness, chest tightness, or nighttime coughing? These could be signs of asthma, a common lung disease affecting both children and adults. Asthma is a chronic condition, but with proper understanding and management, you can lead a healthier life.

### What is Asthma?

**Asthma** affects the lungs, causing various symptoms. While its exact causes aren't fully known, factors such as genetics, environment, and occupation have been linked to its development.

Exposure to allergens like dust mites, secondhand

smoke, and environmental factors like air pollution can contribute to asthma.

### Identifying Asthma

Diagnosing asthma, especially in children under 5, can be challenging. Doctors may inquire about coughing patterns, breathing difficulties, and family history during a checkup. Breathing tests, like spirometry, may also be conducted to assess lung function.

### Asthma Attacks

Asthma attacks involve coughing, chest tightness, wheezing, and difficulty breathing as the airways constrict. Understanding your triggers—such as tobacco smoke, dust mites, or outdoor pollution—can help you manage and prevent attacks. [Click here](#) to learn more.

# INSPIRE

2025 Annual Meeting & Conference  
March 17-19 | Rancho Palos Verdes, CA



It's not too late register for **INSPIRE UnitedAg's 45th Annual Conference**, March 17-19, 2025, happening at the Terranea Resort. Celebrate our Sapphire Anniversary with three dynamic breakout sessions, an innovative speakers, and prime networking opportunities. Connect with industry leaders and explore new ways to be inspired!

The conference promises to deliver a unique blend of tradition and forward-thinking strategies designed to energize and inspire attendees.

In honor of UnitedAg's 45th anniversary, take advantage of **enhanced sponsorships** featuring expanded signage and exclusive branding during key moments of the Conference.

Register now at [unitedagconference.org](https://unitedagconference.org).

Registration closes **February 17, 2025**.

[Click here](#) to watch our trailer.



# Be Proactive

## Annual Physical Challenge

**CAMPAIGN BEGINS JANUARY 1ST & ENDS APRIL 30TH**

Your Annual Checkup provides an important baseline measurement for your health and helps you understand the risk of developing chronic conditions before symptoms are present, so you can be **PROACTIVE** and **TAKE ACTION**.

# 5 BENEFITS OF AN ANNUAL CHECKUP

- **Establish** a personal health baseline
- **Learn** about chronic disease risk and prevention
- **Update** your vaccinations and manage your medications
- **Get tools** to improve your health
- **Be the best U!**



Schedule your annual physical at one of UnitedAg's six health clinics, in person or virtually, and get UnitedAg swag!

Book online at [ua.clinic](https://ua.clinic) or call **877.877.7981**.

**BECOME THE BEST U BY GETTING  
YOUR ANNUAL CHECKUP**



SALINAS • SANTA MARIA • TURLOCK • VISALIA • CHICO • COLUSA

## MEMBER SERVICES & ADVOCACY PROGRAM

UnitedAg Member Services focuses on delivering innovative, member-focused resources to promote health, education, and sustainability within the agricultural community. Our team of experienced professionals provides comprehensive support tailored to the unique needs of its members. Key services include:



Member Assistance



Network Access



Wellness Program



Pharmacy Benefits



Hospital Admissions



Health Advocacy

## ADVOCACY PROGRAM

Our member services department is comprised of a specialized team of dedicated Advocates who are experts in navigating, researching and taking down barriers that may arise when navigating the healthcare system. They serve as liaisons between providers, and partnered entities to help our members focus their time and energy on improving their health and well being. [Click here](#) to learn more.

## February 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).



# 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

### 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](#)

## UPCOMING EVENTS

### World Ag Expo 2025

[February 11, 2025 8:00 a.m.](#)

### HealthChats: Understanding Menopause & Perimenopause

[February 20, 2025 10:00 a.m.](#)

### AgSafe Activate25 Annual Conference Session: Mental Health & Substance Abuse: Protecting Employee Wellbeing in the Workplace

[February 25, 2025 8:00 a.m.](#)





# HEALTHY U

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## YOUR HEALTHPLAN **news**

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