

HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING

GET YOUR FLU SHOT FOR \$0

One more benefit of being a UnitedAg member: flu shots are available at no cost through your health benefits.

Visit your nearest UnitedAg Health & Wellness Clinic to get yours.*

*Call your local clinic to confirm vaccine availability before visiting.



TABLE *of* CONTENTS

- 03 | Small Choices, Big Benefits: The Health Benefits of Berries
- 04 | Stay Healthy This Season: Flu & Immunization
(Wellness Initiative Spotlight)
- 05 | Where Can You Get a Flu Shot?
- 06 | Member Spotlight: Making the Most of Their Benefits
- 07 | Saving Lives: The Power of Suicide Prevention and Awareness
- 09 | Fall Fitness Challenge
- 10 | Coffee: Is It Good for You or Not?
- 11 | Navigating Change: Supporting Children During the Back to School Season
- 13 | Your Health Network Overview
- 14 | Hinge Health: Your Partner for Pain Relief
- 15 | HealthChats & CharlasSaludables Webinar Schedule
- 16 | Corporate Wellness Initiatives
- 17 | Member Resources & Helpful Links
- 18 | Discover Our New Health Benefits Website

proudly sponsored by:





SMALL CHOICES, BIG BENEFITS:

The Health Benefits of Berries

What we eat plays an important role in our health. While no single food can provide everything our bodies need, making nutritious choices regularly can support our well-being over time.

Berries are a simple and delicious way to add more nutrients and beneficial plant compounds to your diet. Strawberries, blueberries, raspberries, and blackberries each offer their own combination of vitamins, minerals, fiber, and phytochemicals that can contribute to a healthy eating pattern.



Easy Ways to Add More Berries

You do not need to make major changes to enjoy the benefits of berries. Try adding them to foods you already eat:

- Add strawberries or blueberries to oatmeal, cereal, or yogurt.
- Mix raspberries or blackberries into a smoothie.
- Keep fresh or frozen berries available for a quick snack.
- Add berries to a salad for a naturally sweet flavor.
- Top whole-grain toast or pancakes with fresh berries.
- Choose berries as part of a balanced breakfast or snack.

Fresh and frozen berries can both be convenient options. Keeping frozen berries on hand can make it easier to add fruit to meals when fresh berries are not available.

Why Are Berries Good for You?

Berries are naturally nutrient-rich and contain a variety of compounds that may benefit your health.

Support Heart Health

Research suggests that regularly eating berries may help support cardiovascular health. Their fiber and naturally occurring plant compounds, including polyphenols and anthocyanins, are among the components being studied for their potential heart-health benefits.

Provide Antioxidants

Berries contain phytochemicals with antioxidant properties. Antioxidants help protect cells from oxidative stress caused by free radicals. The colorful pigments found in many berries, particularly anthocyanins, are examples of these beneficial plant compounds.

Add Fiber To Your Diet

Many berries are a good source of dietary fiber. Fiber supports digestive health and can also help you feel full and satisfied after eating.

Provide Essential Nutrients

Berries provide important vitamins and minerals. For example, strawberries are a good source of vitamin C, while blueberries provide vitamin C, vitamin K, and other nutrients.

Support a Healthy Eating Pattern

The American Institute for Cancer Research recommends including a variety of plant foods as part of a diet that supports overall health and may help reduce cancer risk. Berries can be one easy way to add more colorful plant foods to your meals and snacks.

Small Choices Can Add Up

Healthy eating does not have to be complicated. Adding nutrient-rich foods, like berries, is a simple way to support your health. Small choices today can become healthy habits that support your well-being over time.

Sources:

- USDA Agricultural Research Service, "Blueberries and Health," ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-articles/2014/blueberries-and-health
- Cleveland Clinic, "Benefits of Blueberries," health.clevelandclinic.org/benefits-of-blueberries
- American Institute for Cancer Research, "Enjoy the Health Benefits of Berries," aicr.org/resources/blog/enjoy-the-health-benefits-of-berries
- American Institute for Cancer Research, "Blueberries," aicr.org/cancer-prevention/food-facts/blueberries



MONTHLY WELLNESS INITIATIVE SPOTLIGHT

STAY HEALTHY THIS SEASON: FLU & IMMUNIZATION

As the seasons change and cooler months approach, so does flu season. Taking a few simple steps now can help you and your family stay healthy, active, and feeling your best throughout the months ahead.

What Is The Flu?

Influenza, commonly known as the flu, is a contagious respiratory illness caused by influenza viruses. While symptoms can vary from person to person, the flu often comes on suddenly and may include fever or chills, cough, sore throat, runny or stuffy nose, body aches, headaches, and fatigue.

For many people, the flu means several uncomfortable days at home. For others, particularly older adults, young children, pregnant women, and people with certain health conditions, it can lead to more serious complications.

Why Prevention Matters

Flu viruses spread easily, especially when people spend more time together indoors. Protecting your health can also help protect the people around you at home, at work, and throughout your community.

That's why prevention is an important part of staying well during flu season.

Everyday Ways To Stay Healthy

A flu shot is just one part of a healthy-season routine. Remember to wash your hands regularly, cover coughs and sneezes, avoid close contact with others when you're sick, get plenty of rest, stay hydrated, and make nutritious foods and regular physical activity part of your routine.

Don't ignore how you're feeling. If you develop flu symptoms or have concerns about your health, contact your healthcare provider.

Simple Steps Toward Protection

Prevention is a shared effort. Getting your annual flu vaccine and practicing simple healthy habits can help protect you, your coworkers, and those around you during flu season. Consider these simple steps:

- Get your annual flu vaccine to help reduce your risk of illness and complications.
- Wash your hands regularly and avoid touching your eyes, nose, and mouth.
- Cover coughs and sneezes to help prevent the spread of germs.
- Stay home when sick when possible and follow workplace illness policies.
- Prioritize healthy habits like getting enough sleep, staying hydrated, and eating nutritious foods.

UnitedAg members can receive their flu shot for \$0, making it easier to take this important preventive step.

It is also a good time to talk with your healthcare provider about other recommended immunizations. Your provider can help determine which vaccines may be appropriate for you based on your age, health history, and other individual factors.

Your Health Is Worth Protecting

A little prevention today can make a big difference throughout the season. Take advantage of your UnitedAg benefits and make your health a priority.

Ready To Get Your Flu Shot?

Visit your nearest **UnitedAg Health & Wellness Clinic** to receive your **\$0 flu shot** or talk with your healthcare provider about the immunizations recommended for you.

Stay Healthy. Stay Well this Season.



A HEALTHY SEASON STARTS WITH YOU

Get your flu shot and help protect yourself,
your team, and those around you.

Visit: [cdc.gov/flu](https://www.cdc.gov/flu) to learn about the flu.



Why Get Your Flu Shot?

Flu can spread quickly and may lead to missed work, serious illness, and complications. Getting your annual flu shot is an important step to help protect your health and reduce the spread of flu during the season.



A Flu Shot Help?

- Reduce your risk of getting sick with flu
- Help protect those around you
- Reduce the risk of serious flu-related complications
- Keep you and your workplace moving through flu season

\$0

cost to you

How Much?

Your UnitedAg Health Plan covers **100% of the cost** for your flu shot, with no copay or deductible when vaccinated through a contracted provider.

WHERE TO GET YOUR FLU SHOT?

1

UnitedAg Health & Wellness Clinics

Visit a UnitedAg clinic near you.

Phone: 877.877.7981 | **Website:** ua.clinic

2

Your Local Pharmacy or Healthcare Provider

Visit unitedagbenefits.org/find-a-provider
to find your nearest in-network pharmacy and doctor.

3

Bring Flu Shots to Your Workplace

UnitedAg offers on-site flu shot events for eligible members. Make it easier for your team fight the flu by bringing flu shots directly to your workplace.



Interested in hosting an on-site flu shot clinic?

Scan the QR code or visit
unitedagbenefits.org/flu-26
to learn more and schedule.



Member Spotlight:

Making the Most of Their Benefits



CELEBRATING CLINIC ENGAGEMENT IN SALINAS

That same spirit of participation is happening at the UnitedAg Health & Wellness Clinic in Salinas, where members are actively taking advantage of healthcare resources designed specifically with the agricultural community in mind.

This year, Matsui Nursery, Inc., Ramco Enterprises, LP and Merrill Farms, LLC were recognized for having the highest clinic utilization at the Salinas location. To celebrate their engagement, UnitedAg donated veggie boxes during Rancho Cielo's 11th Annual Veggie Box and BBQ Fundraiser to each organization, a fitting way to recognize members who are making health and wellness a priority.

Their participation represents exactly what UnitedAg hopes to see across our membership: employees using the resources available to them and employers helping connect their teams with care.

Whether it's downloading a digital health ID, visiting a UnitedAg Health & Wellness Clinic or exploring the many other resources included with membership, every interaction is an opportunity to get more from your benefits.

Congratulations to Matsui, Ramco and Merrill Farms; thank you for showing what it means to make the most of your UnitedAg benefits.

RACE TO DOWNLOAD RAFFLE WINNERS

Earlier this year, UnitedAg's Race to Download campaign encouraged members to get connected by downloading their digital health ID. The campaign, which concluded in May, turned an important benefits resource into a little friendly competition and gave participating employees the chance to win along the way.

Rancho Guadalupe, LLC rose to the top in the large group category, with two employees selected as raffle winners for downloading their digital health IDs. Each received a \$30 gift card and wellness kit in recognition of their participation.

While the prizes added some fun, the real win is having important health plan information readily available. Digital health IDs make it easier for members to access care and navigate their benefits. Congratulations to Rancho Guadalupe and the raffle winners for making the most of this valuable resource!



Saving Lives:

The Power of Suicide Prevention and Awareness

September is National Suicide Prevention and Awareness Month. Suicide is a global public health concern. By shedding light on suicide prevention, we can reduce the stigma surrounding mental health, enhance understanding, and provide support to those who may be at risk and struggling with suicidal thoughts.

Suicide vulnerability is an issue that affects individuals of all backgrounds and demographics. However, certain groups are statistically more susceptible to this risk. These groups include:

Individuals with mental health conditions.

Mental health conditions such as depression, bipolar disorder, schizophrenia, anxiety disorders, or substance abuse disorders may increase suicide risk. Proper diagnosis, treatment, and support are essential for managing these conditions effectively.

Previous suicide attempts.

Previous suicide attempts can put individuals at more risk in the future. Seeking appropriate follow-up care and support is crucial to address the underlying issues contributing to their distress.

Youth, adolescents, and the elderly.

Teenagers and young adults may face various stressors such as academic pressure, bullying, identity issues, relationship problems, or family conflicts. Older adults face unique challenges such as isolation, loneliness, physical health problems, the loss of loved ones, and financial difficulties. Additionally, the presence of mental health conditions in these age groups increases the risk.

*Adapted from materials provided by Spring Health.



LGBTQIA+ community.

LGBTQIA+ community members often face discrimination, social stigma, rejection, and lack of acceptance. These factors can contribute to feelings of isolation, depression, and anxiety, which can increase suicide risk.

Veterans and active duty military personnel.

Military veterans and active-duty service members may experience post-traumatic stress disorder (PTSD), depression, or other mental health conditions related to their service. The unique stressors associated with military life, including deployment, moving, combat exposure, and difficulties transitioning to civilian life, can increase suicide risk.

Indigenous and Tribal communities.

Members of Indigenous and Tribal communities, particularly in certain regions, may face historical trauma, cultural disconnection, and socioeconomic disparities. These factors, along with limited access to mental health resources, can contribute to higher rates of suicide.



What We Can Do:

Awareness and Education

Raising awareness helps to eliminate misconceptions and spread accurate information. Education about risk factors, warning signs, and available resources can empower you and others to recognize and respond to someone in distress.

Open Dialogue

Encouraging open, nonjudgmental conversations about suicide can foster understanding and empathy. It is essential to create safe spaces where you and others feel comfortable discussing your thoughts and feelings without fear of stigma or rejection.

*Adapted from materials provided by Spring Health.

Recognizing Warning Signs

Understanding the warning signs of suicide can enable early intervention. Warning signs may include a recent loss, expressions of hopelessness, talking about death or suicide, withdrawing from social activities, sudden mood swings, or giving away belongings. Taking these concerns seriously and offering support can make a significant difference.

Providing Support

Active listening, empathy, and validation are vital when supporting someone who may be at risk of suicide. Encourage them to seek professional help, such as contacting a mental health helpline, reaching out to a therapist or counselor, or accompanying them to see a healthcare professional.

Postvention Support

In cases where death by suicide has occurred, it's important to provide postvention support to those affected by the loss. This support may include counseling, community resources, and creating a compassionate and understanding environment for grieving individuals.

It is important to note that suicide risk is multifaceted, and individuals may have a combination of risk factors. It is crucial to approach yourself and others with compassion, understanding, and support, regardless of background or circumstances.

If you or someone you know is in immediate danger, please seek emergency assistance or contact a local helpline.

988 Suicide & Crisis Lifeline

Call or Text 988 for 24/7 Support
988california.org

Spring Health

In a crisis? Call 1-855-629-0554 and select Option 2
unitedag.springhealth.com



Fall Fitness CHALLENGE

The start of a new season is always a good time to take stock and reevaluate. No matter how old you are, the end of summer/start of fall feels like a new beginning, like it did when you were school-aged.

Run with this feeling and use this time to relaunch your fitness activities. The timing feels good, daylight is still long and there's not yet a chill in the air. Challenge yourself to establish a good habit or reignite a dormant one before closing out the year

Connect with Nature

Spending time outdoors is good for your body and mind. Knowing that the temperate weather is in its waning months should drive you to grasp those last great days outside. Incorporate your physical activity into your time outside. Consider:



Daily jogs through local parks or on nature trails. Switch it up to see the sunrise a couple days each week.



Walking lunch breaks. Grab a friend or two and take a tour of the area.



Get your wheels rolling by biking, skating or scooting a loop through your neighborhood.



Pick up a paddle and learn pickleball. Play on outdoor courts until the weather changes. Then find an indoor court.



Try classes that meet in local parks. They can range from yoga and tai chi to bootcamps and dance classes.



What's your number?

There are always new combinations of fitness activities being developed by athletic and personal trainers and shared online. While not every combination will work for everyone, something could work well for you. Pick one and commit. Challenge yourself to try it for a week, and if it is not for you, try another one. See which one of these trending fitness routines is your lucky number.



3-3-3

Each week, aim for three moderate-intensity days and three lower-intensity (active recovery) days. Mix and match activities to include three sessions each of strength (resistance) and cardio. With this plan, the goals are clear, and you'll rarely get bored.

5-5-5-30

Dive into this workout as soon as you wake up, before the day (and your mind) gets cluttered. It is five push-ups, five squats, five lunges (per leg) and a 30-second plank. Start by doing one cycle. When you feel strong enough, add another set of reps. Before you know it, you'll see and feel the difference.

6-6-6

This workout is a version of interval training we can all embrace. Start with an easy walk for a six-minute warm-up, follow it with a brisk walk for six minutes and then take an easy six-minute cool-down stroll. Do this series six times each week and you'll have accomplished more than 100 minutes of activity.

12-3-30

It's a high-intensity treadmill workout. After a warm-up, the goal is to walk at a 12% incline at 3 miles per hour for 30 minutes. Work up to five days each week to help hit your fitness goals, burn calories, improve your cardiovascular health and tone lower-body muscles.

15-15-15

This is a cross-training series loved by celebrities (or at least that's what they say). Spin (or cycle) for 15 minutes (including warm-up), switch to an elliptical machine for 15 minutes and run (or walk briskly) on a treadmill for 15 minutes (including cool-down). Done back to back, 45 minutes of cardio work is efficient activity.

*Adapted from materials provided by Teladoc Health.



COFFEE:

IS IT GOOD FOR YOU OR NOT?

With so much consumption, it would be great if coffee was healthy.

The good news is that coffee is actually good for you.

If coffee is part of your routine, your daily cup may offer more than an energy boost. Regular brewed coffee contains antioxidants and other compounds that may support your health and have been linked to a lower risk of certain serious health conditions.

Research suggests that moderate coffee consumption, around three to five cups per day, may be associated with a lower risk of premature death and other health benefits.

Regular coffee consumption has also been linked to a reduced risk of several major health conditions, including:

- Cardiovascular disease
- Stroke
- Cognitive decline
- Type 2 diabetes
- Respiratory disease

However, with the positive often comes the negative. Some of the properties of coffee can affect certain groups adversely. Be aware of:

Caffeine

One eight-ounce coffee contains about 95 milligrams of caffeine. People who have trouble sleeping or controlling their blood pressure may want to limit their intake. Pregnant and breastfeeding women are also advised to limit or avoid caffeine.

Excessive Sugar

Any of the chain-store drinks that end with “-accino” contain sugary syrups and sweetened milk or milk alternatives. Some of these beverages top out at more than 100 grams of sugar. To put it in perspective, the Dietary Guidelines for Americans’ recommendation for an adult is no more than 30 grams of added sugars per day.

Cafestol and Kahweol Oil

Unfiltered coffee, like French press contain these oils. They have been associated with a raised LDL, or “bad,” cholesterol.

By making smart choices and enjoying in limit, coffee can remain a feel-good habit that delivers more than just a caffeine boost.

*Adapted from materials provided by Teladoc Health.





Navigating Change

- Supporting Children During The Back To School Season -

Most kids (and parents) thrive with routine. So, what happens when that routine is thrown off? Every summer break or back to school, families face moments of unstructured time. The good news is that there are ways to ease the stress and chaos while building resilience along the way.

Help children, teens, and young adults actively participate in the transitions with these strategies:

Start off with a family meeting.

Discuss expectations, set limits, and update the family calendar. Reflect on the past year and identify any new activities. Involving kids in the planning process will help them feel more excited about back to school.

Get involved in community service.

Your child, or the whole family, can volunteer at local organizations, participate in fundraising events, or help with community clean-up projects. Community service promotes empathy, social responsibility, and personal growth.

Foster independence and responsibility.

Assign age-appropriate chores, encourage children to manage schedules and routines, and help older children explore employment. Prepare young adults for college by building independent living skills. Fostering responsibility prepares children for challenges and builds self-confidence...

skills. Building responsibility prepares kids for future challenges and increases self-confidence.

Set healthy routines.

Encourage kids to maintain regular sleep schedules, eat nutritious meals, and engage in movement. Support continued connection with friends through playdates, outings, or virtual interactions. Balancing leisure time with healthy habits promotes overall well-being, and staying connected to peers prevents isolation and prepares kids for a smoother transition back to school.

Get support.

- If your child is having a hard time managing feelings, changes, and separation, or has a big transition coming up and lacks confidence, consider scheduling a therapy session for them.
- If your family is experiencing conflict due to change, family therapy may be helpful.

A Special-Needs Perspective:

Children with special needs may face more challenges with change and transitions. For some children affected by disabilities, long gaps in services can result in a regression of skills. Speak to your school system to see what services may be available to help maintain skill levels and progress.



Mental health is important for everyone, and no one has to navigate life's challenges alone.

Provide time for transitions. Because unexpected changes can be challenging and overwhelming, it's important to provide transition warnings, like verbal cues, or set time limits. Transition warnings help reduce stress and anxiety.

Set expectations. Share what the activity will look like, who will be there, how to behave, and what to do when a break is needed. Practicing these skills before attending the activity will help build confidence.

Here are some strategies to help with transitioning back to school.

Re-establish routines. Adjust sleep schedules to match school hours, reintroduce regular meal times, and establish a consistent homework routine. Re-establishing these routines helps children and teens readjust to the structure of the school day.

Practice skills. For children just starting school, have them practice opening their snack and lunch items to see what needs to be worked on and to determine if they'll need extra support from the teacher. Ask to take a tour of the campus to reduce first-day anxieties.

Encourage organization. Start organizing school supplies, backpacks, and workspaces. Being organized reduces stress and promotes productivity.

Promote communication. Encourage your child to share their feelings or concerns and validate their feelings. Let them know that you're there to support and listen.

Collaborate with teachers. Reach out to your child's teachers and share any relevant information about your child's summer experiences or any concerns. A positive relationship with teachers creates a supportive network that can help your child or teen transition smoothly.

Foster a positive mindset. Talk about the exciting aspects of the new school year. Emphasize that challenges and fears about change are normal and reinforce that they have the ability to get through them.

Worried your child may need more support through transitions?

Your child or family may benefit from therapy if you answer "yes" to any of these questions. Does your child:

- Show signs of consistent separation anxiety?
- Show excessive worry about the future or think bad things will happen?
- Refuse to go or have a hard time going to school, social events, or new situations?
- Refuse to go or have a hard time going to school, social events, or new situations?

You may benefit from parent coaching if you:

- Want to help your child increase flexible thinking?
- Are you looking for ways to support your child's emotions?

ACTIVATE YOUR BENEFITS TODAY

unitedag.springhealth.com

NEED HELP?

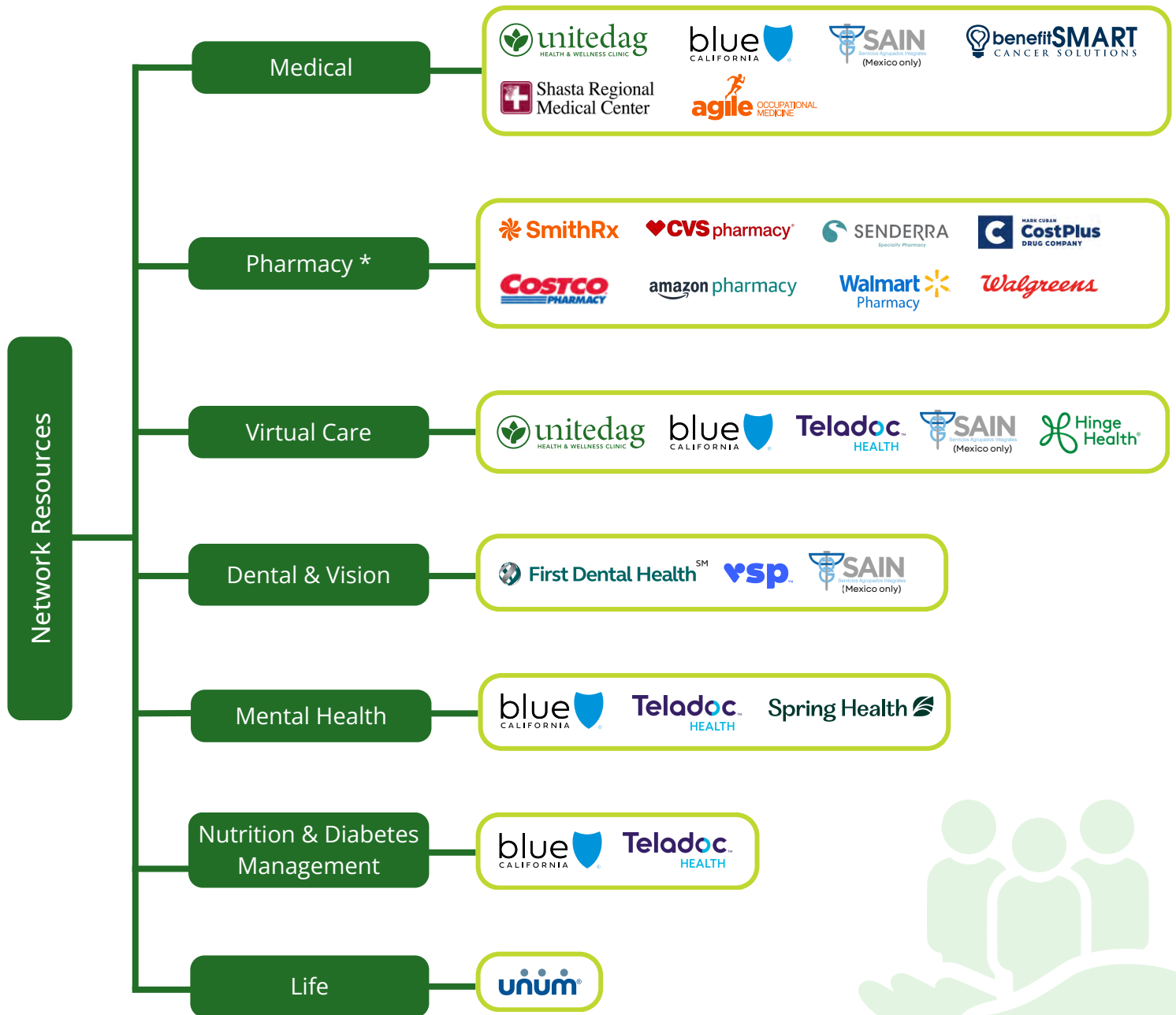
Connect with our Member Services team for guidance on available mental health resources and benefits.

Call Us: 800.223.4590 OR Text Us: 949.594.0788

*Adapted from materials provided by Spring Health.



YOUR HEALTH NETWORK OVERVIEW



***More than 65,000 pharmacies nationwide.**

For more information visit: unitedag.org/networks



Your Partner for Pain Relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals - and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes



Hi Jordan, I added new exercises to help with your knees too.



\$0
cost to you*

Scan the QR code or visit:

www.hingehealth.com



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



A HINGE HEALTH EXCLUSIVE Meet Enso*

The small device for pain relief on-the-go.

*For employees enrolled in an HSA plan, Hinge Health services will become available once their annual deductible has been met.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

Members and dependents 18+ enrolled in an UnitedAg medical plan are eligible.



healthchats

UnitedAg's **HealthChats** webinar series delivers practical health tips from medical professionals covering nutrition, mental health, immunizations, and chronic disease prevention. **CharlasSaludables**, the Spanish-language series, offers the same valuable insights for Spanish-speaking members.

Each 30-minute session is packed with actionable advice to support healthier lifestyles—making wellness simple, convenient, and accessible. Together, these programs highlight UnitedAg's commitment to member well-being.

2026 WEBINAR SCHEDULE*

Building Healthy Habits

Friday, March 20

Now available on YouTube.

Watch via youtube.com/@unitedag.

Importance of Vaccines

Thursday, September 17

English - 10:00 am

Spanish - 3:00 pm

Safeguarding Your Mental Health

Friday, May 8

Now available on YouTube.

Watch via youtube.com/@unitedag.

Diabetes and Prediabetes

Thursday, November 19

English - 10:00 am

Spanish - 3:00 pm

Mood and Food

Thursday, July 30

Now available on YouTube.

Watch via youtube.com/@unitedag.

Nutrition

Friday, December 4

English - 10:00 am

Spanish - 3:00 pm

Register for HealthChats and CharlasSaludables at unitedag.org/healthchats or scan the QR code below. Charlas Saludables—the Spanish version of each webinar is held the same day as the English session at 3:00 PM. Missed a session? Watch past webinars anytime on YouTube at youtube.com/@unitedag.



Scan the QR code to register for HealthChats and CharlasSaludables online or visit: unitedag.org/healthchats

**Webinar schedule and topics are subject to change.*





WELLNESS IN 2026

At UnitedAg, a thriving workforce starts with health and well-being. Our 2026 wellness initiatives support mental and physical health, boost morale, and foster a positive workplace culture. Explore quarter one's initiatives and see what's ahead for 2026.

Ready to bring wellness to your workplace?

Contact clientservices@unitedag.org to learn more!

QUARTER 1

JANUARY

Annual Check-Up

The Importance of Yearly Check-Ups

FEBRUARY

Building Healthy Habits for a Healthy Heart

Heart Health Awareness

MARCH

Understanding Autoimmune Diseases

Autoimmune Awareness

QUARTER 2

APRIL

See Your Best

Eye Health Awareness

MAY

Check In, Speak Out

Men's Mental Health Awareness

JUNE

Sleep Well, Live Well

Better Sleep Month

QUARTER 3

JULY

Soak Up the Sun Safely

UV & Sun Protection Awareness

AUGUST

Know the Signs

Ovarian Cancer Awareness Month

SEPTEMBER

Stay Healthy This Season

Flu & Immunization

QUARTER 4

OCTOBER

Early Detection Matters

Breast Cancer Awareness

NOVEMBER

Manage Your Risk

Diabetes Awareness Month

DECEMBER

Happy Gut, Healthy Life

Digestive Health Wellness



MEMBER RESOURCES

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

UnitedAg Member Services

Member Services.....	800.223.4590 memberservices@unitedag.org
Member Advocate Service.....	800.223.4590 memberadvocate@unitedag.org
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
SmithRx (Pharmacy).....	833.573.7797
Specialty Pharmacy Service.....	800.223.4590
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

Benefits Website

unitedagbenefits.org

HealthChats

unitedag.org/healthchats

Member Health Portal

unitedag.org/healthportal

Health & Wellness Clinics

ua.clinic

Network Partner Directories

unitedag.org/networks

Quick Guide

unitedag.org/quickguide

Summary Plan Description (SPD)

English & Spanish:

unitedag.org/spd

Digital Health Pass

unitedag.org/digitalhealthpass

UPCOMING EVENTS

(SCAN THE QR CODES BELOW TO LEARN MORE & REGISTER)



healthchats

Webinar: Importance of Vaccines
Thursday, September 17 | 10:00 AM



charlas saludables

Importancia de las vacunas
Thursday, September 17 | 3:00 PM

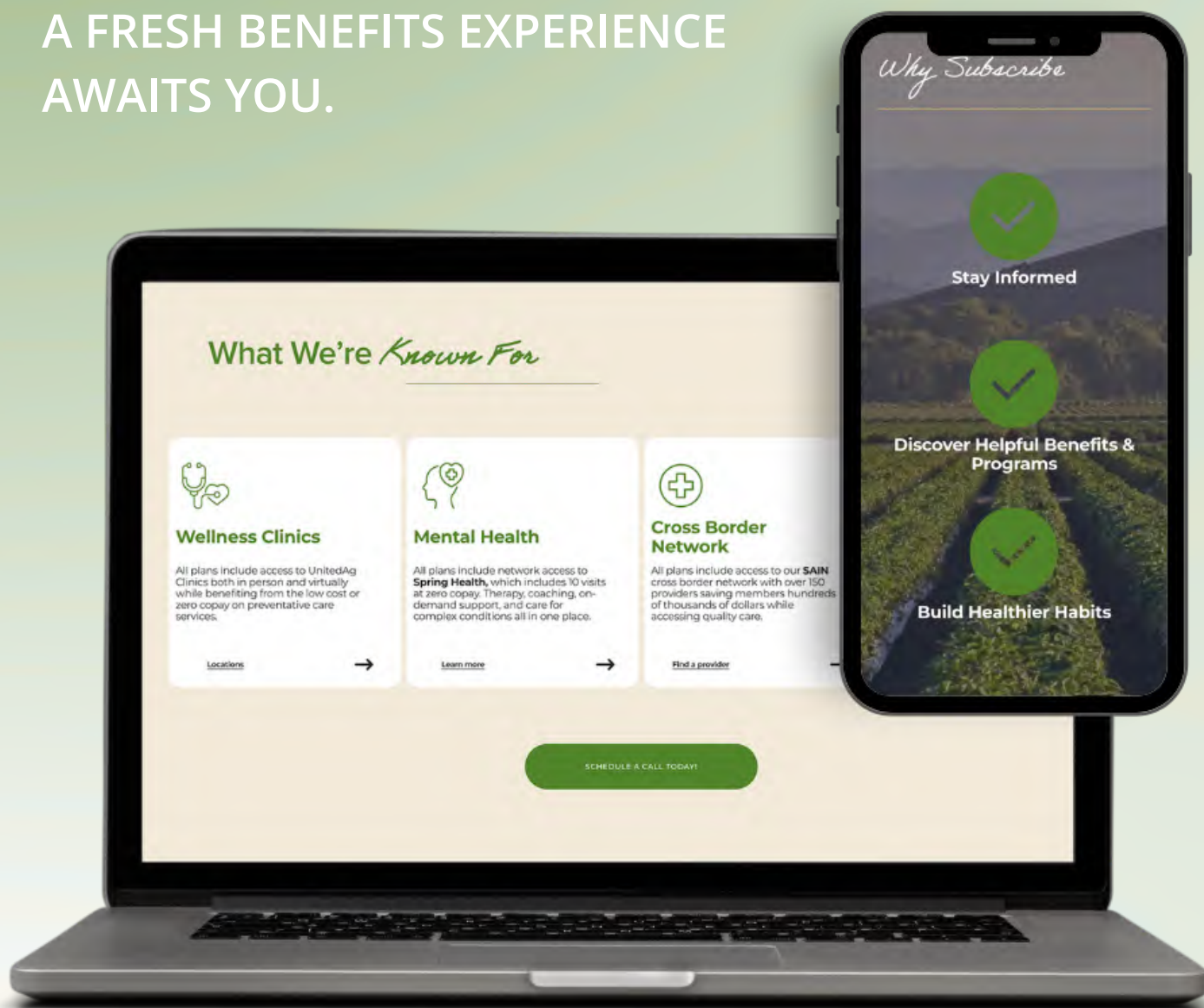


Watch our story by visiting: **"United in the Fields"** or scan the QR code.



DISCOVER THE NEW UNITEDAG HEALTH BENEFITS WEBSITE

A FRESH BENEFITS EXPERIENCE
AWAITS YOU.



VISIT [UNITEDAGBENEFITS.ORG](https://unitedagbenefits.org)

thank you to our CONTRIBUTORS

