

HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING



WHAT IS HINGE HEALTH?

Get virtual exercise therapy and more at **no cost to you** with Hinge Health.*

*Eligibility dependent on health plan.

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proudly sponsored by:



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

Scan the QR code or visit:
hinge.health/unitedag-join



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.

*Not eligible for HSA plans.

*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.

Check In, Speak Out

Men's Mental Health Awareness

As part of our Check In, Speak Out focus for Men's Mental Health Awareness, we want to recognize that many men in agriculture carry a great deal on their shoulders. Long days, uncertainty, and constant pressure can take a toll, and it's easy to feel like you have to handle it all on your own. But no one is meant to carry those burdens alone. Reaching out, checking in, and supporting one another are acts of strength and care. Mental health matters just as much as physical health, and everyone deserves support through life's challenges.

Signs You Might Be Struggling:

- Feeling sad, down, or angry more often than usual
- Always feeling tired or having low energy
- Losing interest in things you used to enjoy
- Struggling to focus or make decisions
- Withdrawing from friends or family
- Changes in sleep or appetite

If you notice any of these signs, it's a good idea to talk to someone. Ignoring your feelings can lead to bigger problems, like depression or anxiety. It's okay to admit that things feel hard – that's the first step toward feeling better.

Strategies for Managing Your Mental Health:

- **Talk to someone you trust.** Sharing your thoughts with a friend or family member can lift a weight off your shoulders.
- **Practice self-care.** Make time for things that help you relax, whether it's exercise, hobbies, or spending time outdoors.
- **Challenge negative thoughts.** If you're telling yourself "I should be stronger" or "I can't show weakness," remind yourself that seeking help is actually a sign of strength.
- **Find healthy ways to express emotions.** Try journaling, exercising, or meditating to process how you feel. Keeping things bottled up can make them worse.
- **Break the silence.** Share your own mental health journey or support others who are struggling. This helps normalize talking about mental health.
- **Take the first step today.** Consider reaching out to a therapist or coach who can guide you through the challenges you're facing. It's okay to ask for help – you deserve support.



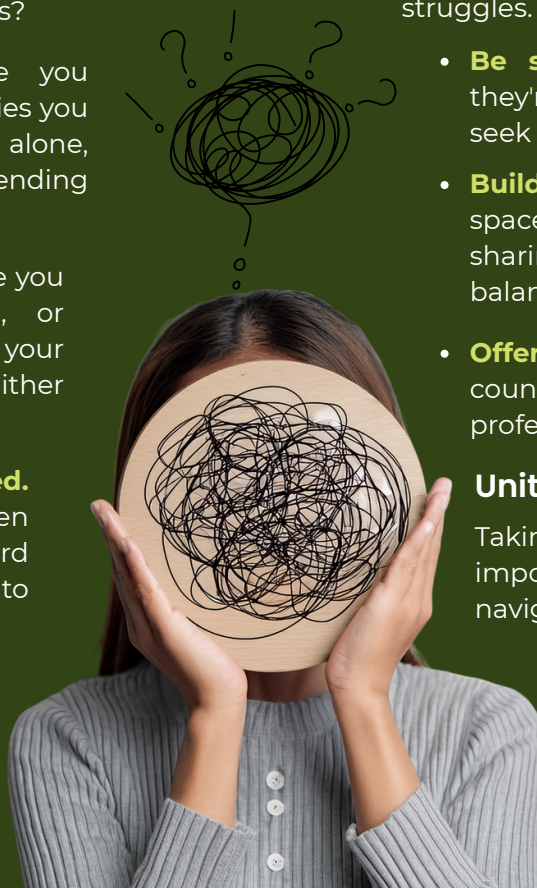
Checking In On Your Mental Health

Warning Signs and Self-Reflection

As part of Mental Health Awareness Month, we encourage you to check in with yourself and take a moment to acknowledge your emotions and feelings. Taking care of your mental health is just as important as caring for your physical well-being. Life's challenges can sometimes feel overwhelming, but recognizing the warning signs in yourself can help you take steps toward feeling better. Here are a few signs to look for, along with ways you can care for your mental well-being and how UnitedAg may be able to support you.

What to Look For:

- **Changes in Your Mood.** Do you feel sad, anxious, or angry more often than usual? Do these feelings last for days or weeks?
- **Withdrawal from Others.** Are you avoiding social situations or activities you once enjoyed? Do you prefer to be alone, even when you used to enjoy spending time with friends or family?
- **Changes in Sleep or Appetite.** Are you sleeping too much, too little, or struggling with insomnia? Has your appetite changed significantly, either increasing or decreasing?
- **Feeling Drained or Unmotivated.** Do you feel tired all the time, even after resting? Are you finding it hard to care about things that used to excite you?
- **Physical Complaints.** Are you dealing with unexplained headaches, stomach aches, or other physical issues that seem connected to stress.



What You Can Do:

- **Talk to Someone You Trust.** Reach out to a friend, family member or professional. Sometimes just talking about what you're feeling can be a huge relief.
- **Practice Self-Care.** Make time for activities that relax and recharge you, like taking a walk, reading a book, or doing something creative.
- **Be Kind to Yourself.** Remember that it's okay to not have everything figured out. Give yourself permission to take breaks and focus on your well-being.

What You Can Do To Support Others:

- **Check in with them.** Gently express concern and ask how they're feeling.
- **Listen without judgment.** Allow them to share their thoughts without interrupting or offering quick fixes.
- **Encourage open dialogue.** Let them know it's okay to talk about their feelings and struggles.
- **Be supportive.** Reassure them that they're not alone and that it's okay to seek help.
- **Build a safe environment:** Create a space where they feel comfortable sharing and regaining emotional balance.
- **Offer resources:** Suggest access to a counselor, therapist, or mental health professionals.

UnitedAg Support:

Taking care of your mental health is important, and you don't have to navigate it alone. Need support but not sure where to start, connect with our **Member Services** team for guidance on available mental health resources and benefits. Call **(800) 223-4590** or explore the online resources below.



unitedag.springhealth.com



teladoc.com/unitedag



blueshieldca.com





On Mother's Day

Mother's Day can bring up complex feelings.

It's a day that can be filled with love, joy, and gratitude, as we celebrate the people who raised us.

It can also be a day filled with grief, especially if you have lost a mother or a child. It can bring up feelings of anger, frustration and disappointment about not so great childhood memories, infertility, or pregnancy loss.

All of these feelings are valid. We all have different relationships and experiences with the mothers and mother figures in our lives, and different experiences as mothers ourselves.

If this day is difficult for you, know that you have support. There are things you can do to help make the day a little easier:

- **Make a plan.** Think about how you want to spend your day. A fixed schedule can help you manage your emotions and minimize your worry.
- **Find an outlet.** Express yourself in a way that feels good. Stay in and read, watch a movie, or cook. Or, go do something you really enjoy.
- **Avoid judgement.** Try not to judge your feelings or worry about other people's relationship to the day. Whatever this day feels like for you is okay.
- **Remember grief is a form of love.** Remind yourself that when you let yourself feel your emotions, you honor the loss.
- **Connect with a friend.** Spend time with someone who makes you feel good, makes you laugh, or shares your experience.

Know someone who is struggling?

Acknowledge what they're going through and give space for their experience. Ask how you can best support them in a way that feels meaningful. If you're finding it difficult to navigate your own feelings, a Spring Health therapist or coach can provide guidance and help you work through them.

Visit unitedag.springhealth.com for support.



CALM YOUR MIND *with foods*

Facing stressful and worry-filled moments? For many, the reaction may be to indulge in foods that give you comfort. And these foods will most likely be filled with salt, fat, sugar and unhealthy ingredients. Stress eating is something almost all of us do at some point or another.

However, it's not all wrong. While it's not good to overindulge as a coping mechanism, there are foods that can help calm your feelings. Healthy foods can affect your body and mind in a positive way.




People eat **30-40%** more food when experiencing stress.

Unresolved stress can lead to long-term issues like those listed below and more.

Stress can cause emotional and physical symptoms like:

- Irritability
- Muscle pain and tension
- Anger
- Difficulty sleeping
- Tiredness (fatigue)
- Digestive troubles

Eating (for) your feelings

There is a well-known relationship between nutrition and physical health. There is also a strong link to mental health and emotional well-being. That is where the terms “comfort food” and “hangry” come from. Research shows that nutrient-dense foods improve mental health.

Include a variety of fruits, vegetables, lean proteins and whole grains in your diet. Foods rich in antioxidants, omega-3 fatty acids, vitamin D and probiotic fiber are plentiful and delicious. Consider adding the following to your meals:



Beans and legumes

Pinto, black, navy, red or kidney beans, lentils and peas.



Fruits

Apples, prunes, cherries, plums, berries, apricots, peaches and oranges.



Nuts and seeds

Almonds, walnuts and pecans, flax and sunflower seeds.



Vegetables

Artichokes, kale, cabbage, spinach, carrots, mushrooms, tomato, cucumber, beets and broccoli.



Healthy fats

Olives, avocados, nuts (walnuts, almonds) and oily fish (salmon, sardines).



Herbs and spices

Cinnamon, garlic, dill, parsley, turmeric and black pepper.

Remember that your body and mind are linked. What you feed your body will also affect your brain and feelings.

MUSHROOM & Spinach Frittata

Makes: 6 servings | Prep: 10 min | Cook: 18 min

A frittata is easy to make and can be packed with nutrients, depending on the vegetables you add. This version has antioxidants and fiber from the spinach and vitamin D from the mushrooms.

Ingredients:

- 5 eggs
- 1 cup unflavored, unsweetened almond milk (or other milk of your choice)
- ½ tsp of sea salt
- ¼ tsp ground black pepper
- 1 tbsp olive oil
- 1 cup of spinach, fresh or frozen (thawed and drained)
- 1 cup of mushrooms, chopped.

Preparation:

1. Preheat the oven to 350°F and line a casserole dish with parchment paper.
2. In a medium-sized bowl, whisk the eggs with the milk, salt, pepper and parsley and set aside.
3. Heat the olive oil in a frying pan over medium heat.
4. Sauté the spinach and mushrooms in the oil until the mushrooms are lightly brown, about 3 minutes. Allow to cool.
5. Place the cooled mushroom-spinach mixture in the casserole dish.
6. Pour the egg mixture over the vegetables, cover with foil and bake until the eggs are just set, 15–18 minutes. The frittata is cooked when it's just firm to the touch.
7. Cut into 6 pieces and serve.

Adapted from materials provided by Teladoc Health.



Nutrition:

Per serving

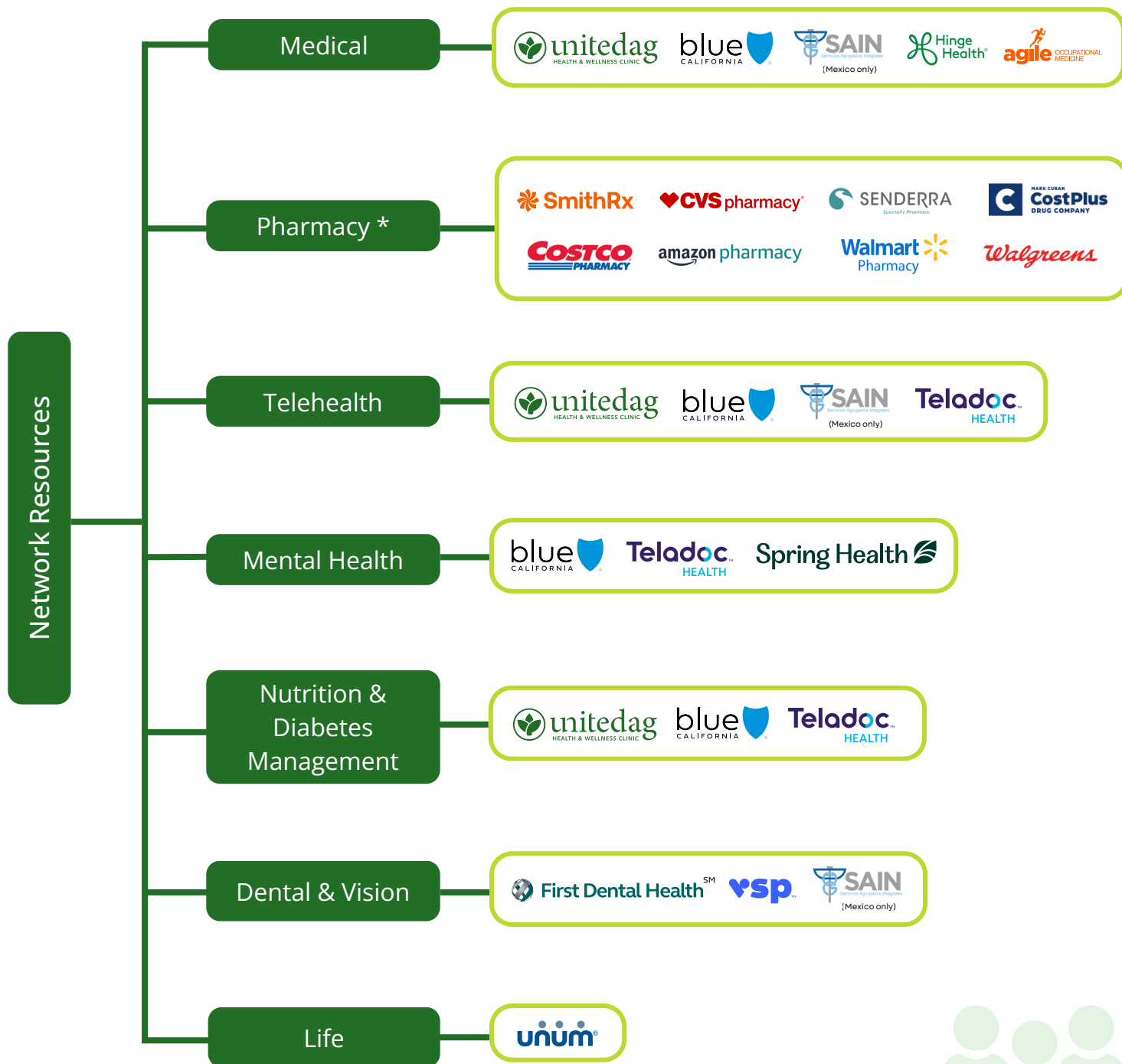
Calories: 98

- Total fat: 7 g
- Saturated fat: 2 g
- Sodium: 314 mg
- Cholesterol: 175 mg
- Total carbs: 2 g
- Fiber: 1 g
- Sugars: 0 g
- Protein: 7 g
- Potassium: 8 mg

Your health and wellness matter. Your benefits include access to Teladoc Health for convenient care and diabetes management support. Visit teladoc.com/unitedag to get started.



YOUR HEALTH NETWORK OVERVIEW



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

For more information visit: unitedag.org/health-benefits



HOW CONNECT 360 HELPS MEMBERS SAVE

Connect 360 helps members access programs that can significantly lower prescription costs.

Connect 360 Programs you may qualify for:

Income-Based Assistance Programs

Members who meet certain income guidelines can reduce or eliminate their cost share through drug manufacturer programs or grant support.

Manufacturer Coupon Programs

Members are eligible regardless of income, reducing or eliminating cost share through drug manufacturer discounts.

Generic Alternatives Programs

Members with eligible high-cost generics can reduce cost share through lower cost, sometimes to zero.

Autoimmune Program

Members can access lower-cost biosimilars for autoimmune diseases at a \$0 copay through partner pharmacies.



Why it Matters

- Access the lowest cost available for your medication.
- Get 1:1 support navigating normally complex manufacturer coupon programs.
- Adoption of Connect 360 programs helps keep pharmacy spending steady, making for more moderate rate increases from the health plan.
- Member participation is required to continue filling the applicable medications.

The SmithRx Connect Team Helps You Save

Initial Outreach

Members who meet certain income guidelines can reduce or eliminate their cost share through drug manufacturer programs or grant support.

Dedicated Patient Advocate

You will be assigned a Patient Advocate to walk you through next steps.

Program Enrollment

Your Patient Advocate will help you complete any necessary paperwork to enroll in the savings program. They can even coordinate with your provider and pharmacy.

Refill your Prescription

Your patient Advocate will make sure you have been able to refill your prescription at the new, lower cost.

Download the SmithRx Connect 360 Program flyer by visiting: unitedag.org/smithrx-connect360.

If you have further questions connect with our [Member Services](#) at (800) 223-4590 for more information.



A NEW CANCER SUPPORT BENEFIT

Providing a patient-first solution for cancer and autoimmune care.

bSMART Benefits at a Glance:



No Financial Burden

\$0 Out-of-pocket for covered services



Faster Access to Care



Education, Support, and Choice

Personalized guidance every step



Expert Second Opinions

Confidence in your treatment decisions

Who is benefitSMART?

UnitedAg's benefitsSMART (bSMART) Cancer Solutions puts members first, offering a patient-centered approach to cancer and autoimmune care. Members gain faster access to treatment, expert second opinions, and personalized guidance, empowering them with the knowledge and support needed to make informed healthcare decisions.

With \$0 out-of-pocket costs for covered services, bSMART also helps ease the financial burden, allowing members to focus on their health and recovery.

If you would like to learn more about **bSMART Cancer Solutions** you can contact our **Member Services Team**.

Call: 800.223.4590

Text: 949.594.0788

Email: memberservices@unitedag.org

Patient Testimonial:

"Eternally grateful. bSMART and this process has been beyond exceptional."



UnitedAg and **AgSafe** have partnered to provide members with expanded access to trusted safety, HR, and training resources, supporting safer workplaces, compliance, and workforce development in agriculture.

this month's member webinar :

AGRICULTURE WAGE AND HOUR REVIEW

Supervisors play a critical role in ensuring wage and hour compliance—and small missteps can lead to significant risk. This webinar provides a clear, practical overview of key wage and hour requirements specific to agricultural operations, helping supervisors understand their responsibilities and how to apply them in day-to-day management.

Participants will gain insight into core topics such as hours worked, proper timekeeping, minimum wage considerations, overtime, and common compliance pitfalls. The session will also highlight real-world scenarios supervisors face in the field, including travel time, rest and meal periods, and handling payroll questions from employees.



Webinar Details

Wednesday, May 20, 2026 | 9:00 AM - 10:30 AM

Note: *Zoom login details will be emailed to registrants shortly before the event.*

To register scan the QR code or visit:
unitedag.org/agsafewebinar



Questions regarding the upcoming webinar? Email membership@unitedag.org.



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

Now available on YouTube.

[Watch the English Webinar](#)

[Watch the Spanish Webinar](#)

Safeguarding Your Mental Health

Now available on YouTube.

[Watch the English Webinar](#)

[Watch the Spanish Webinar](#)

Nutrition

Thursday, July 16

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Importance of Vaccines

Thursday, September 17

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Diabetes and Prediabetes

Thursday, November 19

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Mood and Food

Friday, December 4

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Register for HealthChats and Charlas Saludables at unitedag.org/healthchats. 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.



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

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)



[Webinar: Agriculture Wage and Hour Review](#)
Wednesday, May 20 | 10:30 AM



healthchats

[HealthChats Webinar: Nutrition](#)
Thursday, July 16 | 10:00 AM



Watch our story by visiting: "[United in the Fields](#)" or scan the QR code.

Subscribe to **HEALTHY U**

Subscribe to get the Healthy U newsletter in your inbox and stay informed, inspired, and well—every month.

signup.unitedag.org/healthyu



Photo Courtesy of California Strawberry Commission

thank you to our **CONTRIBUTORS**

