

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN **news**

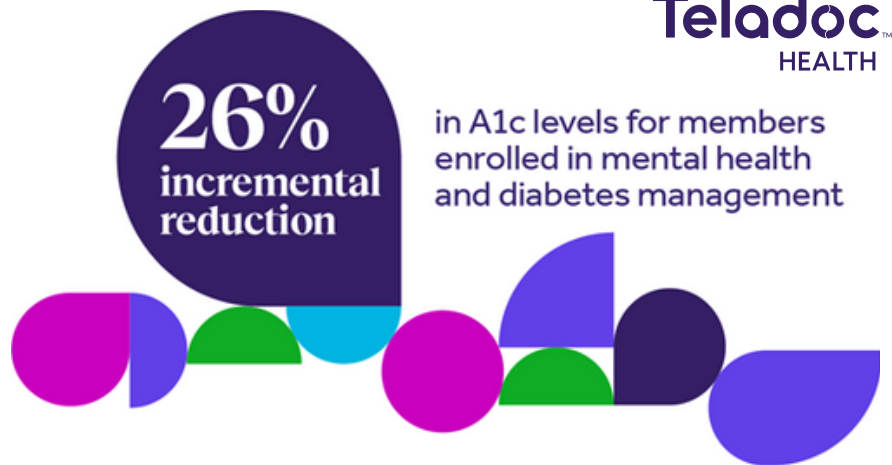
ISSUE THREE | MARCH 2024

- 1 Mental Healthcare Improves Diabetes Outcomes
- 2 Allergies: Awareness and Prevention, & Meet Team Member Rhianna Macias
- 3 Virtual Primary Care with UnitedAg, & Meet Wellness Team Member Kelli Turner
- 4 The Importance of Consulting a Clinical Nutritionist, & Meet Team Member Aldous Ilagan
- 5 Your Ultimate Guide to Nutrition & Heart Health, & Spring Health
- 6 Member Resources & Helpful Links

### CONTENTS

### Mental Healthcare Improves Diabetes Outcomes

**Teladoc**  
HEALTH



For people managing diabetes, the health challenges of the condition can be compounded by mental health issues like depression and anxiety. Whole-person care offers a better solution for health plans seeking to help their members achieve better outcomes while reducing costs.

Teladoc's recent [success story](#) covers the significant benefits of integrating mental health programs with a diabetes management solution, including:

- 54% improvement in overall mental well-being
- 16% higher engagement in self-guided activities
- 31% higher engagement in digital coaching activities

[Click Here](#) to read more.

Proudly Sponsored by



## Allergies: Awareness and Prevention



Allergies affect millions worldwide, causing discomfort and inconvenience. Understanding their triggers and prevention methods is key to maintaining a healthy lifestyle. Here are some insights and home preventatives: common allergens.

- Pollen
- Mold
- Dust Mites
- Food
- Pet Dander

[Click Here](#) to read more.

## March 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](#)

**\*Please note: As of February 2024, the Quick Reference Formulary is no longer being published.**

For more pharmacy resources, visit our FAQ page at [unitedag.org/chs](https://unitedag.org/chs).

Team Member Spotlight



## RHIANNA MACIAS

Billing Lead

Since Rhianna started with UnitedAg in 2021, she has exemplified her passion for assisting groups and colleagues alike. Beginning as a billing analyst and working her way toward Billing Lead, her goal has always been to create a seamless, efficient invoicing process to better serve our groups. Rhianna is heavily involved in committees across the organization and collaborates with the This is Ag! podcast, showcasing her commitment to driving UnitedAg toward continued success in all aspects.

## Virtual Primary Care with UnitedAg



Exciting News for UnitedAg Members! Virtual primary care is revolutionizing healthcare for UnitedAg members. Here's why you should consider it:

- **Convenience & Accessibility**
- **Reduced Wait Times**
- **Chronic Condition Management**
- **Cost-Effectiveness**
- **Remote Monitoring & Member Empowerment**

*Ready to experience the future of healthcare?*

Schedule your virtual visit today at [ua.clinic](https://ua.clinic) or call 877.877.7981.

## Meet Our Wellness Team

Kelli Turner, NP



Kelli grew up partly in both Ohio and Wisconsin. Kelli dreamed of becoming a nurse since she was a little girl. Kelli lived in Las Vegas 10 years and worked at the local hospital. She went to school to be Nurse Practitioner before moving to CA. She continued her experience in nursing working as a Registered Nurse for 16 years in the medical, surgical, psychiatry, and emergency departments. Kelli loves helping people and not only curing but preventing issues for the sake of her patient's health. Her goal is to be able to educate patients on how to achieve a great, quality life by staying healthy.

To schedule an appointment, call 877.877.7981 or use the QR code below.



Visit [ua.clinic](https://ua.clinic)



## \$0 Copay on Generic Meds When Dispensed at Costco Pharmacies

UnitedAg Trust (UABT) participants can access Tier 1 generic drugs for \$0 copay at all retail Costco Pharmacies. Conveniently order your prescriptions via the Costco app or through their hassle-free text message refill reminders.

*Specialty generics are not included. This benefit does not apply at Costco Mail Order or Costco Specialty pharmacies.*

HSA plan members will pay \$9 per 30-day supply. A \$0 generic prescription fee will apply to HSA plan members after the annual deductible is met.

**Call your local Costco Pharmacy to transfer your prescriptions and start saving today!**



## The Importance of Consulting a Clinical Nutritionist



Periodically visiting a clinical nutritionist is an excellent way to design an appropriate eating plan for each body type, with the nutrients each person needs while evaluating their medical history, and lifestyle. Their goal is to provide personalized guidance and help people understand the connection between health and diet.

We can all benefit from consulting a clinical nutrition specialist. They can help us achieve different health goals giving us a better quality of life. For example:

- Learn to control blood pressure and other heart diseases.
- Prevention and control of diabetes and prediabetes.
- Reduce blood sugar.
- Hormone balance.

[Click Here](#) to read more.

## BECOME THE BEST YOU BY GETTING YOUR ANNUAL CHECKUP

### **B** PROACTIVE **E** About Your Health



### 179 EXAMS COMPLETED

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** by April 30th!

Participate in the challenge by scheduling your appointment online at [ua.clinic](http://ua.clinic) or call **877.877.7981**.



## ALDOUS ILAGAN

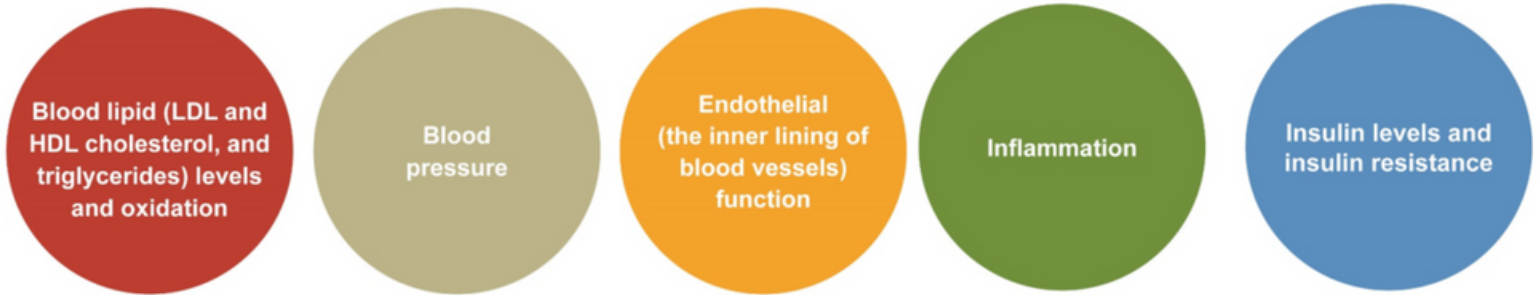
### EDI Analyst

Currently in his fourth year with UnitedAg, Aldous has had several roles in the IT Department. Making his start as a Help Desk Technician, he found an interest in data and automation which led him to become the EDI Coordinator where he assisted in maintaining and processing files from both internal and external parties. After finding success in his role, he was promoted to an EDI Analyst where he now dives deeper into further expanding EDI and improving processes through his acquired expertise in Talend.



## Your Ultimate Guide to Nutrition & Heart Health

Nutrition plays a multidimensional role in cardiovascular health and can have an effect on:



[Click here](#) to learn what you can do if you have high blood pressure.

Take care of your health and schedule an appointment at our clinic for health screenings and other daily health checkups.

Schedule your visit today at [ua.clinic](#) or call 877.877.7981.

## What can Spring Health help me with?

Spring Health provides you with mental wellness tools and services to help you feel at your best. You can use Spring Health for:



- **In-app wellness exercises** - Support your mental fitness on-the-go, with exercises in meditation, better sleep, and more.
- **Personalized recommendations** - Assessments to identify the right care for your needs, learn more about yourself, and track your progress
- **Dedicated support** - Receive guidance along your journey from your personal Care Navigator.
- **Therapy** - Book sessions with trusted providers at times that fit your schedule.
- **Medication** - Speak with psychiatrists to manage medications, when appropriate.
- **Coaching** - Receive tips for managing stress, increasing focus, and more.

### How can I access Spring Health?

Get started online at [care.springhealth.com/register](https://care.springhealth.com/register) or download the Spring Health mobile app (available for from the App Store or Google Play).

For questions or support, visit [springhealth.com/support](https://springhealth.com/support) or call 1-855-629-0554.

# 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.*

### 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



### IMPORTANT ANNOUNCEMENT

Our UnitedAg Turlock Clinic will close on Wednesday, May 1. To find the location of your nearest UnitedAg Clinic, please visit [ua.clinic](http://ua.clinic) or call 877.877.7981.

## HELPFUL LINKS

### Health Forums

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

### 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](#)

### Summary Plan Description (SPD) For Arizona

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



# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

### EDITORS & CONTRIBUTORS

#### EDITORS

Maribel Ochoa  
Director, Communications & Membership

Evelyn Mendoza  
Communications Associate

Jessica Lopez  
Communications Coordinator

Richard Tran  
Production Artist

#### CONTRIBUTORS

Dr. Rosemary Ku  
Chief Medical Officer

Elite Medical Wellness

Teladoc Health

SAIN Medical