

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE FIVE | MAY 2024

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Mental Health & Your Workplace

An employee's mental health includes how they think, feel and act, as well as their emotional and social well-being. Additionally, mental health can change over time, depending on factors such as workload, stress and work-life balance. [Click here](#) to read more.

Employee Mental Health by the Numbers

According to the National Alliance on Mental Illness:

An estimated **52.9 million** American adults experience a mental illness in a given year.



This means **1 in 5** Americans are affected.



Less than 50% of those with a mental illness receive treatment.

Depression is the leading cause of disability **worldwide**.



Serious mental illness costs the U.S. **\$193.2 billion** in lost earnings annually.

Suicide is the **12th leading cause** of death in the U.S.



90% of those who die by suicide may have experienced symptoms of a mental health condition.



Approximately **17 million adults** have co-occurring mental health and substance use disorders.



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Mental Health It's Okay If You



Have a bad day



Make mistakes



Are less than perfect



Ask for personal space




Put yourself first



Take a break from everything

While mental health has different connotations for everyone, it's much more than a buzzword. Mental health includes our emotional, psychological, and social well-being. It's a key factor in how we think, feel, act, cope with challenges, relate to others, and make healthy choices. And if you don't feel strong in all these areas, you're not broken—you're human.

[Click Here](#) to read more.

Spring Health 

May 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.

SOPHIA PEREZ

Lead Receptionist

Since joining UnitedAg in October 2008, Sophia Perez has become an indispensable part of the team. Promoted to Lead Receptionist within six months, she exemplifies hard work, reliability, and professionalism. Sophia excels in a fast-paced environment, managing her duties independently and with minimal supervision. Her commitment to providing exceptional and compassionate customer service is driven by her love for her role. Proud to be the voice of UnitedAg, Sophia's motto is, "It doesn't matter how much you know, but how much you show you care."



MAY WELLNESS BLOOM: PRIORITIZE YOUR GUT HEALTH



Welcome to May Wellness Bloom, where we're dedicated to nurturing your health and well-being from the inside out. This month, we're putting the spotlight on Gut Health—an essential foundation for overall vitality and resilience.

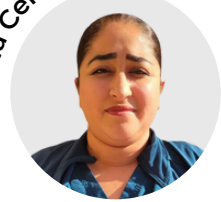
Your gut is home to trillions of bacteria, fungi, and other microorganisms that play a critical role in digestion, immunity, and even mood regulation. By prioritizing your gut health, you can unlock a wealth of benefits and enhance your quality of life.

[Click Here](#) to read more.

Schedule your virtual visit today at ua.clinic or call 877.877.7981.

Meet Our Wellness Team

Celia Cervantes, MA



Celia chose the medical field because her grandma was diagnosed with cancer, and she appreciated how they treated her. Inspired by her grandma's experience, she made the decision to join the medical field with the intention of assisting others. Witnessing her grandma's struggle with translation as a Spanish speaker, she developed a desire to aid individuals like her in better communicating with healthcare providers. Interacting with people and supporting the Hispanic community became her favorite aspect of being a medical assistant, as she found fulfillment in helping them be heard. Her goal is to grow her skillset in the medical field.

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



Visit ua.clinic

Team Member Spotlight



RICHARD TRAN

Production Artist

Richard brings over 15 years of expertise in marketing and communications to his role. As a member of the Communications Team, Richard collaborates closely with colleagues to drive impactful campaigns. These efforts are aimed at not only promoting UnitedAg's portfolio of benefits and services but also at enhancing brand visibility across various channels.



Secrets to Healthy Eyes: Essential Tips and Care



Eyes are windows to the world around us, so taking care of their health is crucial for maintaining a good quality of life. From simple habits to daily precautions, here are some tips for keeping your eyes in optimal condition:

Balanced Diet: A diet rich in antioxidants, such as vitamins A, C, and E, as well as omega-3 fatty acids, can contribute to eye health. Incorporate foods like carrots, spinach, salmon, and nuts into your diet to maintain the health of your eyes.

Visual Rest: With the increase in time spent in front of digital screens, it's crucial to take regular breaks for your eyes. The "20-20-20" rule can help: every 20 minutes, take your eyes off the screen and focus on an object 20 feet away for at least 20 seconds. [Click here](#) to read more.

Virtual Primary Care with UnitedAg



All UnitedAg Trust participants who access medical care in California will have access to Primary Virtual Care from the comfort of their home. This is one of many services offered at our member exclusive UnitedAg Health and Wellness Clinics.

Members schedule a virtual visit through the online appointment portal at [ua.clinic](#), or by calling the 877.877.7981.

Virtual Care visit hours: Monday - Friday from 8:00 am - 5:00 pm.

Service hours are subject to change.



Team Member Spotlight



JESSICA LOPEZ

Marketing Coordinator

Jessica is a marketing coordinator at UnitedAg, dedicated to supporting the organization's members. She enjoys her involvement with the Agribusiness Education Foundation, promoting educational opportunities within the agricultural community. With a genuine passion for agribusiness, Jessica is committed to contributing to the growth and success of the industry.



Why Care is at the Core of UnitedAg CEO Kirti Mutatkar Takes Well-Being Personally



"If it seems there is no solution, we will find a solution." - Kirti Mutatkar

That declaration epitomizes the leadership approach that Kirti Mutatkar takes as President and Chief Executive Officer of UnitedAg. Now in the 10th year of her role, she encourages and models innovative problem-solving to meet the health and wellness



[Click here](#) to read the latest Edition of THE PACKER featuring Kirti Mutatkar.



Rashes and Other Skin Issues

Dealing with a skin issue? Don't wait weeks or months to get help. Simply upload images and details of your concern. Within 24 hours, one of our U.S. board-certified dermatologists will review and provide a treatment plan and prescriptions if needed.

[Click Here to read more.](#)



EVELYN MENDOZA Communications Associate

Evelyn has been a valuable member of UnitedAg for a year, consistently lending a hand to ensure projects run smoothly and efficiently. Passionate about fostering unity and collaboration, she strives to create a supportive environment within the team. Evelyn is enthusiastic about discovering innovative ways to promote UnitedAg, always seeking creative solutions to elevate the organization's presence and impact.

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 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

**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

HELPFUL LINKS

Health Forums

unitedag.org/healthforums

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](#)

Summary Plan Description (SPD) For Arizona

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



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