

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE SIX | JUNE 2024

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A New Approach to Managing Cholesterol



Did you know that the average American consumes 17 teaspoons of added sugar per day? That's more than twice the recommended amount! One major culprit? Sugary beverages. Let's learn about the health risks associated with excessive sugar consumption and the benefits of cutting back.

Weight Gain: Sugary drinks are high in calories and low in nutritional value, which can lead to weight gain and obesity. Obesity increases the risk of heart disease, diabetes, and certain types of cancer. [Click here](#) to read more.

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With summer in full swing, it's essential to safeguard your skin from harmful UV rays. Sunscreen is a crucial tool in your sun protection arsenal, but understanding sunscreen labels can sometimes feel like deciphering a secret code. Fear not, we will help you navigate sunscreen labels and empower you to make informed choices for optimal sun protection.

SPF (Sun Protection Factor): The SPF number indicates the level of protection against UVB rays, which are responsible for sunburns. Look for a broad-spectrum sunscreen with an SPF of 30 or higher for everyday use.

[Click Here](#) to read more.

Join Us Online for Health Chats

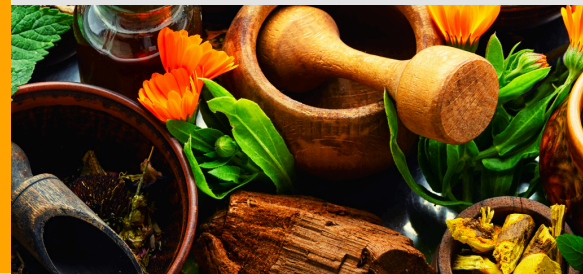
Led by our Chief Medical Officer, Rosemary Ku, helping our members navigate their healthcare journey is at the forefront of UnitedAg.

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

HealthChats: Evidence- Based Complementary & Alternative Medicine

July 18 at 10 am

Ever wonder whether acupuncture, chiropractic, herbal supplements, and homeopathy actually work? Join us for a discussion on evidence-based complementary and alternative treatments. We'll discuss the research behind these therapies and factors to consider if you choose to explore these options.



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.**



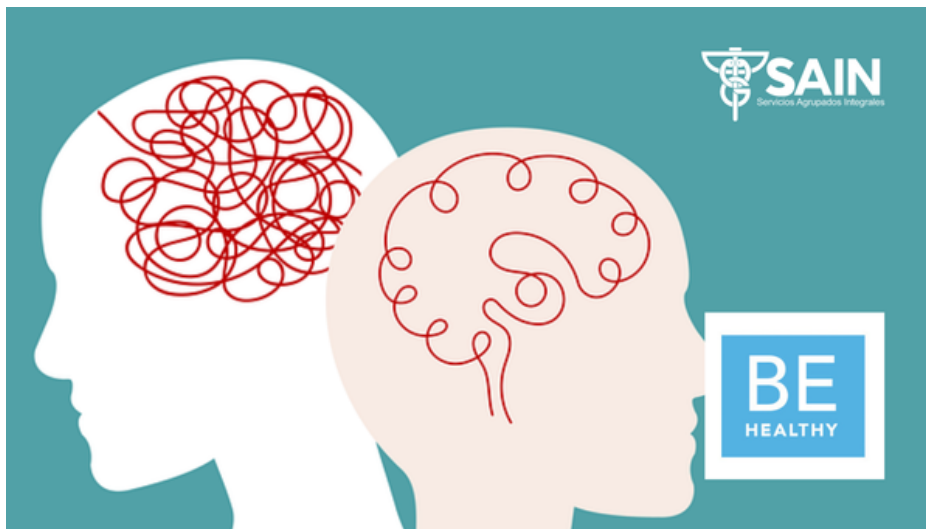


We are rapidly approaching the beginning of Summertime. As you may have noticed, we have already begun seeing a rise in temperatures. There are a few days this week hitting close to 90°! As it begins to get warmer outside, it is important to take precautions to protect your skin from sun damage.

Most skin cancers are caused by too much exposure to UV rays. They are invisible rays that come from the sun, tanning beds, and sunlamps. UV rays can damage the skin. Although it is important to gather some sun for things like Vitamin D, make sure you are taking precautions that can protect your skin from the damage sun can cause. [Click Here](#) to read more.

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

Techniques and Activities to Maintain Your Mental Health During Vacation



Summer is a wonderful time to relax and enjoy a well-deserved break, but it's also important to take care of our mental health. At SAIN Medical, we believe that a balanced vacation can significantly contribute to your emotional well-being. Here are some techniques and activities to help you maintain good mental health during the summer.

1. Practice Mindfulness: Mindfulness is an effective technique to reduce stress and improve concentration. Spend a few minutes each day being present in the moment. [Click here](#) to read more.

June 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.

EXPOSING HIGH BLOOD PRESSURE

What is High Blood Pressure?

High Blood Pressure

High blood pressure, or hypertension, occurs when your blood pressure increases to unhealthy levels. Blood pressure measurement considers how much blood is passing through your blood vessels and the amount of resistance the blood meets while the heart is pumping.

Narrower Arteries: The resistance can be caused by narrow arteries. The narrower your arteries are, the higher your blood pressure will be. Over the long term, increased pressure can cause health issues, including heart disease.

Damages: Hypertension typically develops over the course of several years. Usually, you don't notice any symptoms. But even without symptoms, high blood pressure can cause damage to your blood vessels and organs, especially the brain, heart, eyes, and kidneys. [Click Here](#) to read more.

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



Watch out for Swimmer's Ear

Stay safe this summer! Something as simple as swimming can be a health hazard. Swimmer's ear, also known as otitis externa, is an infection or inflammation of the outer ear canal. It is commonly associated with water exposure but can also be caused by other factors.

Water Exposure: Prolonged exposure to water, especially in swimming pools, lakes, and oceans, can lead to the development of swimmer's ear. Water can create a moist environment that fosters bacterial growth.

Bacteria and Fungi: Bacteria such as *Pseudomonas aeruginosa* and fungi can infect the ear canal, particularly when the protective earwax is washed away. [Click Here](#) to read more.

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](#)

UPCOMING EVENTS

Member OPS Forum: Flu Shot Events

[July 17, 2024 10:00 a.m.](#)

HealthChats: Evidence- Based Complementary & Alternative Medicine

[July 18, 2024 10:00 a.m.](#)



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