

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE SEVEN | JULY 2024

- 1 CMO Message: Complementary & Alternative Medicine
- 2 HealthChats and Meet Team Member Sandra Duenez
- 3 Mindful Vs Mindless Eating, and Meet Team Member Cassandra Rosales
- 4 Respiratory Health, and From Cardiometabolic Disease to Cardiometabolic Health
- 5 Debunking Common Beliefs about Sunscreen and Sun Exposure
- 6 CONNECT24 Health Benefit Forums, and Virtual Primary Care with UnitedAg
- 7 Member Resources & Helpful Links

CONTENTS

CMO Message: Complementary and Alternative Medicine



Not all medical treatments come in pill bottles or are delivered in doctors' offices. Complementary and alternative medicines (CAM) such as acupuncture and therapeutic herbs have been practiced for thousands of years and can be an important part of healing and health maintenance. With growing public interest and scientific research in CAM, these treatments are gaining more acceptance in modern medicine but does that mean that they are right for you?

Treatment modalities in CAM may be more effective for certain medical conditions than others. For instance, research

Continued on page 2

Proudly Sponsored by



Continued: Complementary & Alternative Medicine

shows that chiropractic manipulation is most effective for low back pain, neck pain, and headaches. Acupuncture appears to be most effective for chronic pain conditions and nausea and vomiting after surgery or chemotherapy. Mind-body therapies such as meditation and tai chi have been shown to improve mental health, chronic pain, and blood pressure. In contrast, homeopathy has much less scientific evidence.

While many people are interested in CAM because they are considered more “natural” therapies, there can also be side effects. Herbal supplements are not as tightly regulated as drugs but can be potent enough to interact with medications. Some herbs may even be harmful for people with conditions like high blood pressure or during pregnancy and lactation. In addition, the safety and effectiveness of certain therapies like acupuncture and chiropractic care can vary significantly by the experience of the provider so make sure to check their credentials and reviews.

If you are interested in CAM, be sure to discuss it with your doctor to find out what treatments are best for you. [Click here](#) to read more.



Rosemary Ku, MD/MBA/MPH is chief medical officer at UnitedAg. Dr. Ku is a practicing physician with dual-board certification in Internal Medicine and Preventive Medicine.

Contact Dr. Rosemary Ku | Email dr.rosemary.ku@unitedag.org

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.



SANDRA DUENEZ

Field Services Representative

Since 2015, as a Field Service Representative, Sandra has played a key role in group retention by providing onsite services. Her primary focus is on creating great relationships with clients and members through engaging activities such as enrollment meetings, health fairs, educational safety meetings, and more. By offering these outstanding onsite services, Sandra ensures effective communication and education, helping clients and members make the most of their benefits and other offered products, while also serving as a close and valuable resource.

Team Member Spotlight



Mindful Vs Mindless Eating

Identifying behaviors that drive mindless eating, learning strategies for mindful eating, and understanding the importance in connecting with food.



1. Utilizing the hunger scale

- Ideally, you want to fall into the 4-6 range in the hunger scale of 1-10

2. Understanding hunger and satiety

- “it’s not you, it’s your hormones”
- Curbing overeating involves shifting your mindset from “eating until you’re full” to eating until you’ve just had enough. “Just enough” means that you’ve eaten the right amount to support your hunger for about 4 hours.

3. Journaling before, during, and after meals and snacks

[Click here](#) to read more.

Team Member Spotlight



CASSANDRA ROSALES

Field Services Representative

Cassandra began her career at United Ag in 1999 as a receptionist. She has advanced through several key positions, including claims examiner, and since 2012, has worked as a field service representative. Each role has provided her with unique opportunities to assist members in different and fulfilling ways, and Cassandra greatly values her journey at United Ag.





Respiratory health plays a vital role in our overall well-being, enabling us to breathe freely and enjoy an active and fulfilling life. Our respiratory system, consisting of the lungs, airways, and respiratory muscles, functions to exchange oxygen and remove carbon dioxide from our bodies. However, various factors can affect the health of our respiratory system, leading to respiratory illnesses and complications.

Respiratory Syncytial Virus (RSV) is a common respiratory virus. It usually causes mild cold-like symptoms, [Click here](#) to read more.

July 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.

From Cardiometabolic Disease to Cardiometabolic Health



About 30% of a person’s health outcomes are related to four core health behaviors— nutrition, activity, sleep and stress management—and successfully managing them can greatly improve outcomes for people with high blood pressure or diabetes.

In this article, Dr. Tejaswi Kompala of Teladoc Health explains the impact of these four behaviors on health and how organizations can help support people across the care spectrum.

Myths and Realities: Debunking Common Beliefs about Sunscreen and Sun Exposure

With the arrival of summer, our time spent outdoors increases, and with it, exposure to the sun's ultraviolet (UV) rays. While sunlight is essential for vitamin D production and has several health benefits, overexposure can be harmful and increase the risk of skin cancer. There are many beliefs and myths about sunscreen and sun exposure. In this blog, we debunk some of the most common ones and provide you with evidence-based information to enjoy the sun safely.



Myth 1: If it's cloudy, I don't need sunscreen.

Reality: Up to 80% of the sun's UV rays can penetrate clouds. Therefore, it's possible to get sunburned even on cloudy days. It is important to apply sunscreen every day, regardless of the weather.

Myth 2: If I use sunscreen, I won't get enough vitamin D.

Reality: While sunscreen can reduce the production of vitamin D in the skin, it does not completely block the body's ability to produce this vitamin. Additionally, you can obtain vitamin D through food and supplements without increasing your risk of skin cancer.

Myth 3: People with dark skin don't need sunscreen.

Reality: Although people with darker skin have more melanin, which provides some protection against UV rays, they can still suffer skin damage and develop skin cancer. Everyone, regardless of skin tone, should use sunscreen.

Myth 4: Sunscreen is only necessary at the beach.

Reality: UV exposure can occur anywhere outdoors, not just at the beach. It is important to use sunscreen when engaging in outdoor activities, such as walking the dog, playing sports, or gardening.

Tips for Effective Sun Protection

- Choose the Right Sunscreen: Look for a broad-spectrum sunscreen with an SPF of at least 30.

[Click here](#) to read more.



JUDY SOLIS-MURRIETA

Field Service Representative

Since November 2016, Judy Solis-Murrieta has been a reliable and professional Field Service Representative at UnitedAg. With 30 years of industry experience, she excels in assisting with new group and open enrollment meetings, servicing accounts, and providing support to service reps, groups, and members.

CONNECT24

9th Annual Health Benefits Forum

Chico · Salinas · Visalia
August 12 · 13 · 27



UNITEDAGEVENTS.ORG

Back by popular demand, the Annual Health Benefits Forums is returning this summer! Calling all UnitedAg Members to register to attend these health-focused events. Be the first to learn about the latest health benefits and service offerings UnitedAg has to offer. Learn more about the locations and dates by visiting unitedagevents.org. Please note these events are exclusive to UnitedAg Members.



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 can 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.



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: Complementary & Alternative Medicine

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

CONNECT24 Health Benefits Forum - Chico

[August 12, 2024 11:00 a.m.](#)

CONNECT24 Health Benefits Forum - Salinas

[August 13, 2024 12:00 p.m.](#)

CONNECT24 Health Benefits Forum - Visalia

[August 27, 2024 11:00 a.m.](#)

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