

# HEALTHY U

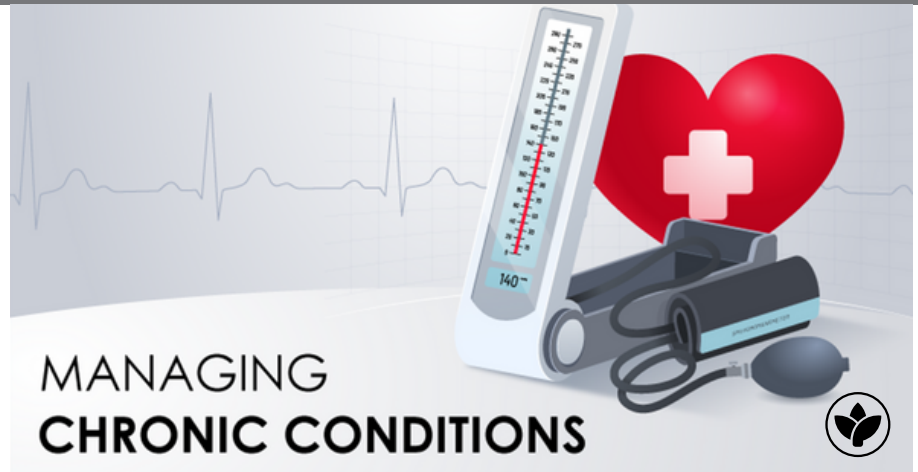
MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

ISSUE EIGHT | AUGUST 2024

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Living with a chronic condition can be challenging, but with the right strategies and support, you can significantly improve your quality of life. Here are some practical tips for managing common chronic conditions, including hypertension, diabetes, and blood pressure issues:

1. Diabetes Tip: Monitor your blood sugar levels regularly and follow your dietary plan. Incorporate more fiber-rich foods and stay hydrated. Regular physical activity can help regulate blood sugar levels and improve overall health.
2. Hypertension (High Blood Pressure) Tip: Reduce your salt intake and increase consumption of potassium-rich foods. Regular exercise, stress management techniques, and routine blood pressure monitoring can help keep your levels in check.

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3. Blood Pressure Management Tip: Maintain a heart-healthy diet low in saturated fats and cholesterol. Engage in regular physical activity and manage stress through relaxation techniques like mindfulness. Consistent monitoring of your blood pressure is essential for managing and adjusting your treatment plan.

### General Tips for All Chronic Conditions

**Stay Informed:** Understand your condition and treatment options to make informed decisions about your health.

**Regular Check-Ups:** Routine medical appointments are crucial for monitoring your condition and adjusting treatment as needed.

**Healthy Lifestyle Choices:** A balanced diet, regular exercise, and adequate sleep play a significant role in managing chronic conditions.

**Medication Management:** Follow your prescribed treatment plan and discuss any concerns with your healthcare provider to ensure optimal results.

[Click Here](#) to read more.

## Upcoming HealthChats

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 series designed to help you live your healthiest life.

### HealthChats: Polycystic Ovary Syndrome (PCOS)

October 17 at 10 am

PCOS is a hormonal condition that affects nearly 1 in 8 women in the US and is one of the most common causes of infertility. Besides troublesome symptoms such as irregular periods and excessive hair growth, PCOS can also increase a woman's risk for conditions including diabetes and heart disease. However, many women go undiagnosed. Join us for a discussion on the signs of PCOS, diagnosis, and management strategies.

Register Online:

[unitedag.org/healthchats](https://unitedag.org/healthchats)

## Tips for Maintaining Good Bladder Health

Maintaining good bladder health is crucial for overall wellness. Here are some essential tips to keep your bladder in top shape:

### 1. Stay Hydrated

Drink plenty of water throughout the day. Aim for at least 8 cups daily to help flush out toxins and maintain health bladder function.

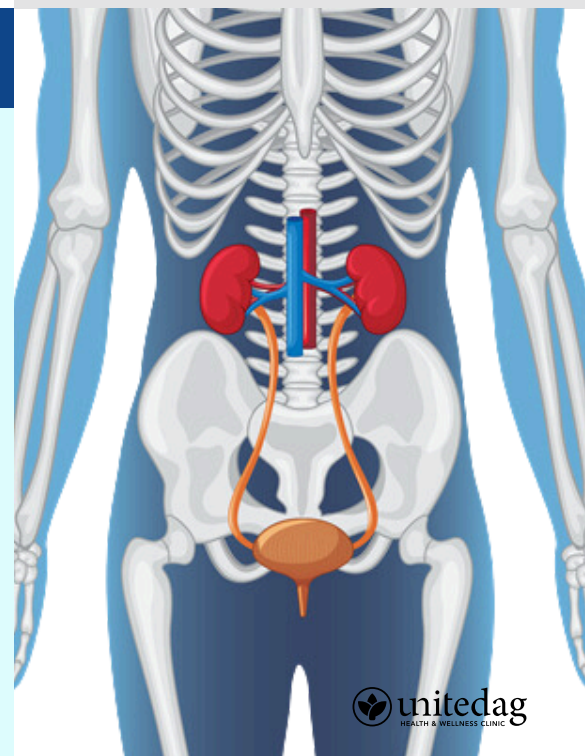
### 2. Practice Good Bathroom Habits

Don't hold it! Regular emptying your bladder can prevent infections and discomfort. Try to go every 3-4 hours.

### 3. Choose Your Fluids Wisely

Limit caffeine and alcohol, which can irritate the bladder and increase the frequency of urination. Opt for water and herbal teas instead.

[Click Here](#) to read more.





# SUMMER HEALTH TIPS

Summertime is many peoples favorite season of the year. The warmer temperatures bring forth seasonal activities and with many people being on summer break, it allows time to get together with friends and family. Here are some tips to help keep you safe and active this summer.

**Fresh Produce:** Summer is a great time for fresh seasonal produce. Enjoy fruits and vegetables this summer as a part of your daily food consumption. Visiting a local farmers market is a great way to get access to fresh produce!

**Swimming:** Lakes and pools are a great way to cool down in the summer. Enjoy a dip in the water on those extra hot days for a refreshing experience. Don't forget to apply your sunscreen!

[Click here](#) to read more.

## August Pharmacy 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](#)

To download these formularies and access additional pharmacy resources, visit our FAQ page at [unitedag.org/chs](https://unitedag.org/chs).

## Hepatitis: Causes, Symptoms and Prevention

Understanding Hepatitis is crucial for maintaining your health. Hepatitis refers to inflammation of the liver, which can be caused by viruses, alcohol, or other factors. Viral hepatitis is particularly common and comes in several types: A, B, C, D, and E.

**Causes:**

Hepatitis A and E: Spread through contaminated food or water.

- Hepatitis B, C, and D: Typically spread through blood, sexual contact, or from mother to child during childbirth.

[Click here](#) to read more.



## STUDENT SPORTS PHYSICALS

It's an exciting time as youth sports are back in action! Get your children ready for the season by arranging their sports physical examinations.

Get your student athlete evaluated by a practitioner to determine their eligibility to participate in sports this year. Don't forget to also schedule your yearly physical when you visit your clinic!

## YEARLY PHYSICALS & SPORTS PHYSICALS

**Some of the many items a practitioner will check during a physical:**

- Urine Analysis
- Hearing Check
- Vision Check
- Height & Weight Measured
- Blood Pressure & Heart Rate Measured
- Lungs Checked
- Blood Test (finger prick) (checking iron)
- Spine & Scoliosis Check
- Ear, Nose, Throat Check
- Balance Test
- Teeth Check
- Skin Examination



If anything is found to be a concern the patient can be treated or referred out to a specialist.

**Benefits of a yearly physical:**

- Your child will be seen by an experienced practitioner who can address any health concerns
- Your child's growth and development can be evaluated
- Your child will have a personalized health plan to meet his or her needs
- Your child will have a complete physical exam including checking blood pressure, height, weight, hearing, vision, and teeth

**Benefits of a sports physical:**

If your child needs a physical to play sports, there are additional benefits beyond simply being cleared for participation.

**Injury prevention** strategies, such as wearing a mouth guard or protective gear, can be discussed during the physical to help keep them safe during their favorite activity.

These strategies can also be useful for other activities like skateboarding, biking, or even walking.



## Health Tips for Back to School

Back to school is an exciting time for children and their families. However, it can also be a period of stress and health concerns. To ensure a healthy start to the school year, it is essential to adopt certain practices that promote children's physical and mental well-being. Here are some health tips for families to prepare adequately.

### Medical Checkups

Before the school year begins, it is important to take children for an annual medical checkup. These exams can detect any health problems that may need attention and ensure that the child is in good physical condition to participate in school activities. During the checkup, the doctor can also update the vaccination history and offer advice on nutrition and physical activity.

### Vaccinations

Vaccinations are an essential part of preparing for back to school. Ensuring that children are up to date with their vaccines protects not only their health but also that of their classmates. Recommended vaccines for school-aged children include the measles, mumps, and rubella (MMR) vaccine, the chickenpox vaccine, and the flu vaccine. Consult with the doctor for a complete list of necessary vaccines.

### Healthy Lunch Ideas

Proper nutrition is key to children's academic performance and energy. Preparing healthy lunches can be simple and fun. Some ideas include:

- Whole grain sandwiches with lean proteins like turkey or chicken
- Fresh fruit slices like apples, grapes, and strawberries
- Crunchy vegetables like carrots and cucumbers with hummus
- Low-fat yogurt or cheese as a source of calcium
- Nuts or seeds for a healthy snack

It's important to include a variety of foods that provide the nutrients needed for growth and concentration in the classroom.

### Sleep Routines

Adequate sleep is crucial for development and school performance. Establishing a regular sleep routine helps children get enough rest.

[Click here](#) to read more.



# CONNECT24

Tulare  
August 27



[UNITEDAGEVENTS.ORG](https://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](https://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](https://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 <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

## HELPFUL LINKS

### Health Forums

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

### Member Health Portal

[unitedag.org/healthportal](https://unitedag.org/healthportal)

### Health & Wellness Clinics

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

### Network Partner Directories

[unitedag.org/networks](https://unitedag.org/networks)

### Quick Guide

[unitedag.org/quickguide](https://unitedag.org/quickguide)

### Summary Plan Description (SPD)

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

### Summary Plan Description (SPD) For Arizona

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

## UPCOMING EVENTS

Register online at [unitedag.org/events](https://unitedag.org/events)

### CONNECT24 Health Benefits Forum - Visalia

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

# HEALTHY U

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## YOUR HEALTHPLAN news

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