

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE NINE | SEPTEMBER 2024

- 1 Routine Vaccinations
- 2 Nutrition Newsflash and Meet Team Member Bang Nguyen
- 3 The Role of Immunizations in Adult Health
- 4 Heat Exhaustion vs. Heat Stroke and Meet Team Member Lesley Sassin
- 5 Member Resources & Helpful Links

CONTENTS



ROUTINE VACCINATIONS

As the seasons change, and life's demands keep us busy, it's easy to overlook the essential task of staying up-to-date with vaccinations. However, routine vaccinations play a crucial role in keeping you and your loved ones healthy throughout the year:

Continuous Protection: Vaccinations are your body's armor against preventable diseases. By maintaining your vaccination schedule, you ensure that your immunity remains strong and ready to fend off potential threats.

[Click here](#) to read more.

Proudly Sponsored by



Nutrition Newsflash

Just as bones make up the skeletons of animals, fiber is the skeleton of plants. Fiber is only found in plants which is why consuming a plant-rich diet is so important. Fiber is a type of carbohydrate that your body cannot digest. Fiber passes through the digestive system relatively intact and out of the body. However, bacteria in the gut do break down fiber, which provides energy for the bacteria and benefits the human body. Fiber is important for digestive health and weight maintenance as well as lowering risk of diabetes, heart disease, and certain types of cancer.

TYPES OF FIBER

Soluble: Soluble fiber dissolves in water and acts like a sponge. When eaten it creates a sticky bolus [a small gel-like mass] that helps lower blood glucose and cholesterol levels. It also works with your liver to escort excess hormones, like estrogen and testosterone, from the body.

Sources: Oats, oat bran, beans, lentils, chia seed, flax meal, nuts and seeds, barley, citrus fruits, apples, strawberries, blueberries, pears, and sweet potatoes.

Insoluble: Insoluble fiber does not dissolve in water and acts like a broom, facilitating movement of food through the digestive tract. It also contributes to bulking up stool which promotes regularity and reduces constipation.

Sources: Whole grains, vegetables [like zucchini, cauliflower, broccoli, and carrots], avocado, leafy greens.

The amount of dietary fiber varies for everyone, depending on age and gender, but generally it is recommended to aim for more than 25g - 30g daily. Eating a daily diet rich in plants with plenty of vegetables, fruits, whole grains, seeds, nuts, and beans can ensure you get adequate amounts.



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

Team member spotlight



BANG NGUYEN

Security Administrator

Bang has enjoyed helping colleagues since 2007 to provide service excellence to UnitedAg's members by ensuring a safe and effective computing environment. He brings his strong problem-solving skills and cool-headed demeanor to the team, and is always eager to share his knowledge with others. Bang plays a crucial role in ensuring that our members enjoy an optimal experience when accessing our platforms. With a focus on maintaining member data and privacy at the highest standards, Bang's expertise helps safeguard our systems and ensure seamless, secure interactions for all our members. On occasions during his time off, he can be found wandering through comic book conventions such as Comic-Con.





It's essential to understand the differences between heat stroke and heat exhaustion. Both conditions are heat-related illnesses caused by prolonged exposure to high temperatures, but they have distinct characteristics, causes, and levels of severity.

Heat exhaustion is a result of the body being unable to cool itself properly due to excessive heat and dehydration. It can progress to heat stroke if not addressed.

Symptoms:

- Heavy sweating
- Weakness
- Cold
- Pale and clammy skin
- Rapid heartbeat
- Nausea
- Vomiting
- Muscle cramps
- Dizziness
- Headache

Heat stroke is a medical emergency and can cause damage to the brain and other vital organs. It requires immediate medical attention.

[Click here](#) to read more.

September 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.

Team member spotlight



LESLEY SASSIN

Underwriting Consultant

In 2022, Lesley joined the UnitedAg Underwriting department. Her role focuses on creating and providing insightful reports for multiple audiences and coordinating with internal teams, vendors, and clients. With 18 years of experience in the Health and Pharmacy insurance industry she brings proactive solutions to managing risk to continue safeguarding our membership.



THE ROLE OF IMMUNIZATIONS IN ADULT HEALTH



When we think of vaccines, childhood immunizations often come to mind. However, immunizations are just as crucial in adulthood. As we age, our immune system naturally weakens, making us more susceptible to diseases that vaccines can prevent. It's easy to overlook vaccines as we get older, but staying current with your immunizations is crucial for long-term health. The Centers for Disease Control and Prevention (CDC) provides guidelines on the recommended vaccines for adults based on age, health conditions, and lifestyle.

Here are some vaccines that adults should consider:

- **Influenza (Flu) Vaccine:** Recommended annually, particularly for those over 65, pregnant women, and individuals with chronic health conditions. The flu vaccine significantly reduces the risk of severe illness and hospitalization.
- **Pneumococcal Vaccine:** Protects against pneumococcal diseases, including pneumonia, meningitis, and bloodstream infections. This vaccine is especially important for adults over 65 and those with certain health conditions.
- **Tdap Vaccine:** Protects against tetanus, diphtheria, and pertussis (whooping cough). It's recommended once in adulthood, with a booster shot for tetanus and diphtheria every 10 years.
- **Shingles Vaccine:** Recommended for adults over 50, the shingles vaccine helps prevent this painful condition and its complications.

[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](#)



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