

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE TWELVE | DECEMBER 2024

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Understanding Sinus Congestion



Sinus congestion is a common health concern that affects countless individuals, often disrupting our daily routines and overall quality of life. Whether it's triggered by seasonal allergies, a cold, or an underlying chronic condition, the discomfort and frustration that come with nasal blockage are something many of us have experienced. From difficulty breathing and poor sleep to the lingering pressure in the face, sinus congestion can have a significant impact on our physical comfort and emotional well-being.

Understanding Sinus Congestion: More Than Just a Sniffle

Sinus congestion, often characterized by a stuffy or runny nose, facial pressure, and difficulty breathing, can have various causes. Allergies, infections, and environmental factors are common culprits.

[Click here](#) to read more.

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YOUR MENTAL HEALTH BENEFITS ARE EXPANDING IN 2025

Starting January 1st, UnitedAg members will now have access to the new Spring Health resource focused on Specialty Care. Spring Health has expanded their platform to encompass Specialty Care to Advance Treatment for High-Acuity Behavioral Health Conditions.

Spring Health data indicates that 1 in 4 members struggle with risks for serious depression, 1 in 10 struggle with SUD, 1 in 15 are at risk for an eating disorder, and 1 in 25 exhibit suicidal or injurious behavior. By enrolling the highest-risk individuals into care, Spring Health’s solution increases their likelihood of successful treatment tenfold at one-tenth the cost of traditional acute care options. The solution also helps employers address the highest-acuity cases that account for 80 percent of their behavioral health spend.

Stay tuned for more information about the new Specialty Care resource!

Spring Health 

Spring Health

Spring Health Specialty Care Program

Rapid Access to Best-in-Class Care for Complex and Acute Behavioral Health Conditions
Specially-trained Care Navigators use results from each precision mental health assessment to address the needs of high-risk members early, helping to identify specific goals and guiding them to the right level of care, including longitudinal support to keep them healthy.



Services include:

- Prevention and education
- Self-help tools
- Virtual one-on-one coaching
- Virtual outpatient treatment
- Virtual intensive outpatient treatment
- Inpatient residential treatment
- Community and recovery support
- Family counseling & support

Engagement efforts include:

- Emails
- Flyers
- Messaging templates
- Specialty Care-specific trainings & webinars

The Spring Health Specialty Care Difference



Reach

Proactive outreach based on multiple pathways catches more high-risk members earlier



Retain

Guiding members into right-sized care and regular follow-ups keeps members engaged



Recover

Evidence-based interventions and aftercare mean members get better, and stay better



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DON'T WAIT! APPLY BY 12/31
2024 - 2025 SCHOLARSHIP APPLICATION

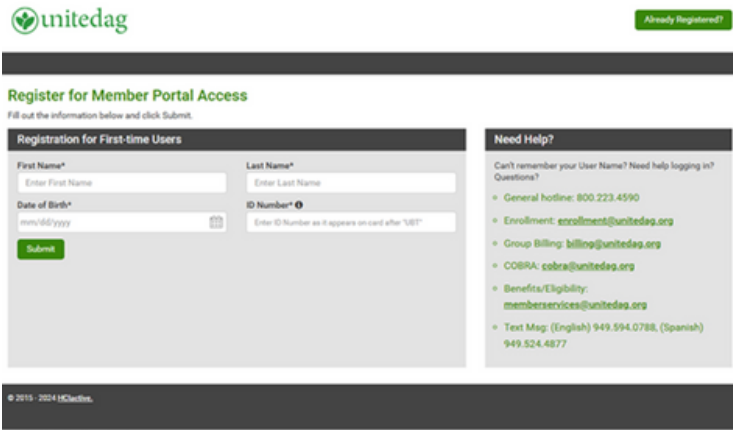
[UNITEDAG.ORG/AEF](https://unitedag.org/aeef)



NOW AVAILABLE—NEW MEMBER HEALTH PORTAL & BENEFITS CONNECT APP

Member Health Portal

Discover UnitedAg’s new Health Portal—your one-stop solution for managing health benefits. With a user-friendly interface, the portal provides quick access to your health plan details, claims, and resources, all in one place. Stay connected, informed, and empowered with just a few clicks. [Click here](#) to learn more.



UnitedAg Benefits Connect App

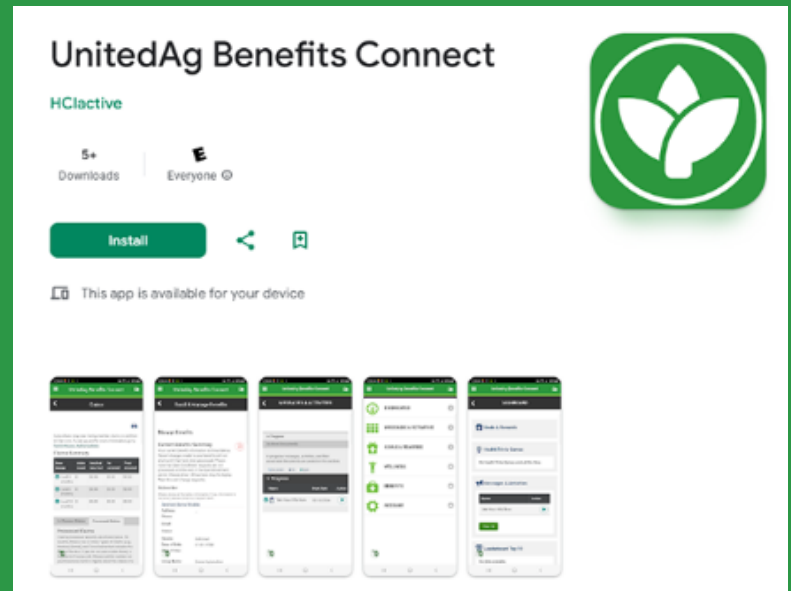
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

Apple Devices

[Download from the App Store](#)

Android Devices

[Download from the Play Store](#)



If you have questions, contact enrollment@unitedag.org.

ops forum

NEW HEALTH PORTAL DEMO & TRAINING

Discover the New Health Benefits Portal

Thursday, December 19th at 9:00 am

Learn about UnitedAg's new Health Benefits Portal, launching on January 1, 2025! This innovative platform provides intuitive access to essential health plan information and convenient, on-demand tools for managing your health benefits—all designed for effortless navigation with just a few clicks. Don't miss this chance to see how the new portal can simplify managing your health benefits with ease and convenience.

[Click Here](#) to register.

Featured Speaker



Yen Pham, Portal Administrator

 unitedag Presents

TOWNHALL Virtual Meeting



Come & Share Your Questions & Concerns

Join us for UnitedAg's first Townhall Webinar of the new year! Tune in to hear leadership updates and get an exclusive look at what's in store for 2025.

We'll cover key developments, our vision for the coming year, and initiatives designed to support you and the agricultural community.

Don't miss this chance to connect with UnitedAg leaders and start the year informed and inspired.



January 14th
8am to 9am

To register visit unitedag.org/townhall



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GLUTEN-FREE? VEGETARIAN? VEGAN? How to adapt your recipes

There are many ways to eat healthy. Some people prefer plant-based diets, while others avoid grains and gluten.

Cooking for people with special dietary needs doesn't have to be complicated. There are more and more recipes written with varied dietary needs in mind. And, with a little knowledge, almost any recipe can be converted with the right substitutions.

Gluten-free alternatives

Flour from wheat contains gluten that some people are sensitive to. Luckily, there are many options for substitution, including:

- **All-purpose gluten-free flour**—Commercially prepared and easy to measure. This substitutes one-for-one.
- **Almond flour**—Great for baking. It's a little denser than wheat flour.

[Click here](#) to read more.

CMO MESSAGE - LIFESTYLE COACHING

Most people would say that lifestyle change is hard. I would argue that bearing the burden of not making lifestyle changes is even harder.

Through years of unhealthy lifestyle habits, such as consuming too much sugar, using tobacco, drinking too much alcohol, sedentary activity, sleep deprivation, and experiencing high stress; our bodies start to rebel. We gain weight, blood sugar and blood pressure creep up, plaques develop in our arteries, and fatty deposits build up in the liver. While we might feel ok, our bodies are definitely not ok.

If this process continues and chronic diseases set in, the frequent doctors visits, taking daily medications, medical bills, and worrying about health complications can take a huge toll on quality of life. However, in the early stages of common chronic medical conditions such as diabetes, abnormal cholesterol levels, and high blood pressure; living a healthier lifestyle can reverse these conditions without medications. Even mental health conditions such as anxiety and depression can be dramatically improved through lifestyle changes alone.

[Click here](#) to read more.



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HEALTH & WELLNESS CLINIC





JUICE DETOX PLAN | RIVAS MORENO LAB

Purify your body and improve your immune system with this juice plan recommended by nutrition experts.

It is recommended to include one of the juices a day and if possible try to do the full detox plan once a week. The use of a juice processor is recommended to better preserve the vitamins.

NOTE: Ginger Wellness and Air Shot are made up of 4 slices of ginger and 4 lemons. For the rest of the juices, the ingredients should be a cup or a handful.

INGREDIENTS

8AM - SKINNY LEMON

Cayenne, lemon, ginger and spring water

Benefits: Detoxifying, natural anti-inflammatory, digestive, diuretic, improves mood.

9AM - POWER BEET

Beets, pineapple, apple and orange

Benefits: Promotes the elimination of toxins, reduces intestinal inflammation and cholesterol levels.

10:30AM - IMMUNE BOOST / WELLNESS SHOT

Ginger, lemons

Benefits: Improves the immune system, excellent source of energy, optimizes detoxification and helps fight respiratory diseases.

[Click here](#) to read more.

December 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.

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LEARN MORE AT: [UNITEDAGCONFERENCE.ORG](https://unitedagconference.org)



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.*

UnitedAg will be closed:

December 25
January 1

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

HealthChats

www.unitedag.org/healthchats

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](#)

UPCOMING EVENTS

[OPS Forum: New Health Portal Demo & Training](#)

[December 19, 2024 9:00 a.m.](#)

[Townhall Virtual Meeting](#)

[January 14, 2025 8:00 a.m.](#)

[HealthChats: Understanding Menopause & Perimenopause](#)

[February 20, 2025 10:00 a.m.](#)



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