

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE ONE | JANUARY 2025

CONTENTS

- 1** Winter Dehydration
- 2** New Member Health Portal & Benefits Connect App
- 3** Your Spring Mental Health Benefits are Expanding in 2025
- 4** CMO Message Eating Healthy & Add More Protein to Your Diet
- 5** Champurrado Light & UnitedAg's 45th Annual Conference
- 6** Be Proactive Physical Campaign Challenge & Member Services & Advocacy Program
- 7** Member Resources & Helpful Links

Winter Dehydration



As the temperatures drop and the winter season settles in, many of us shift our focus to staying warm. However, one important health aspect often gets overlooked during the colder months: hydration.

Did you know that dehydration can still affect you in winter, just like in the summer? Cold weather, dry indoor heat, and reduced thirst signals can all contribute to an increased risk of dehydration. Here's how you can stay on top of your hydration game even when the chill sets in:

Drink Water Regularly: Don't wait until you feel thirsty! Aim to drink water consistently throughout the day. Even if you're not feeling thirsty, try to drink small amounts every hour.

Hydrating Foods: Incorporate water-rich foods like soups, stews, and vegetables into your meals. Fruits like oranges, apples, and pears are also great hydrating options. [Click here](#) to read more.

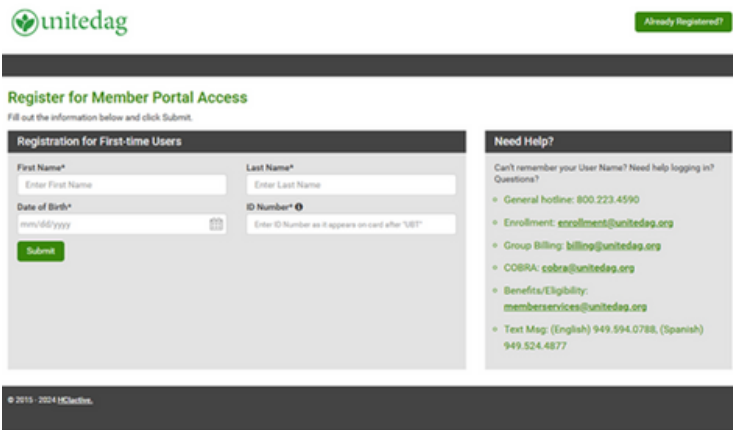
Proudly Sponsored by



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

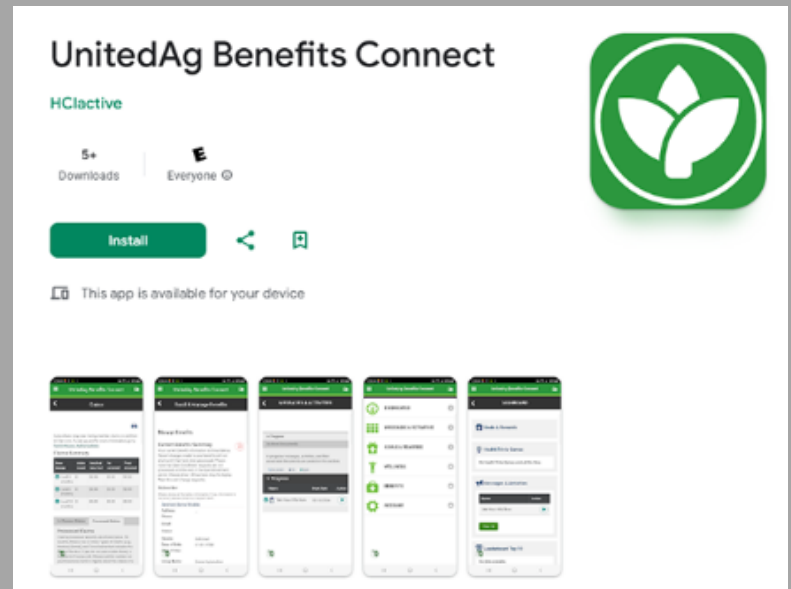
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

Apple Devices

[Download from the App Store](#)

Android Devices

[Download from the Play Store](#)



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

REGISTER FOR THE NEW HEALTH PORTAL BETWEEN JANUARY 1ST & MARCH 31ST AND BE ENTERED TO WIN A \$25 VISA GIFT CARD!



Register for the new health benefits portal and be entered into a drawing to win a \$25 Visa gift card. 100 members will be selected. To participate in the drawing, you must register for the new health portal between January 1st through March 31st to be entered in the drawing.

Contest rules: Winners must be active participants of the health plan UABT to qualify for the drawing. Winners will be selected April 1st and will be notified via email and phone. [Click here](#) to register.

YOUR MENTAL HEALTH BENEFITS ARE EXPANDING IN 2025

Starting January 1st, UnitedAg members and their family 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.

Millions of people face challenges like trauma, anxiety, major depression, and disordered eating. You don't have to face them alone—we're here to help every step of the way.

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!

To learn more visit springhealth.com/support or call 1-855-629-0554

Spring Health is available to HSA plan members. However, in accordance to plan guidelines, HSA plan participants must pay the visit fees until the plan deductible has been met. After the deductible is met, applicable plan cost sharing will apply until the maximum out of pocket cost is met.

CMO MESSAGE - EATING HEALTHY

Food is medicine - Yes and no.

Yes, proper nutrition has incredible healing properties that can turnaround even the most challenging chronic conditions such as diabetes, hypertension, and even some autoimmune diseases. But food is also culture, how we show affection to one another, source of comfort, part of our identity, and means of celebration. Your eating habits are much more complex than taking tylenol for a headache.

For some people, eating healthier could be as simple as replacing unhealthy choices with healthier ones. We've all heard of someone who lost 20 pounds from just cutting out soda and choosing sparkling water instead. If only it were that easy for everyone! For many others, eating healthier is a constant struggle due to limited time, budget constraints especially with inflation, and the challenges of feeding an entire household. To make matters worse, with the countless influencer diets on social media and new scientific articles coming out everyday, trying to figure out the best nutritional approach for yourself is more difficult than ever.

[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: Understanding Menopause & Perimenopause](#)

February 20, 2025 10:00 a.m.

Menopause and perimenopause are natural stages in every woman's life, but they often come with questions and challenges. Join us for an insightful episode of HealthChats with Dr. Rosemary Ku, where we'll discuss the physical, emotional, and hormonal changes associated with these transitions.

EASY WAYS TO ADD MORE PROTEIN TO YOUR DIET

Protein is one of the most important nutrients for your body. It functions as a raw material your body uses for:

- Building and maintaining muscles
- Creating healthy hair, skin and nails
- Regulating blood sugar levels and more

In addition, it helps you feel fuller longer, which is helpful if you're watching what you eat.

How much is the right amount of protein?

The average adult should eat .36 grams of protein for every pound they weigh every day.

But protein doesn't necessarily mean meat. There are many lower-fat protein options that can be swapped in for meat-based sources.

[Click here](#) to read more.



The average adult needs
66 grams
of protein daily.^{1,2}

CHAMPURRADO LIGHT RECIPE

ANAID NUTRIÓLOGA

Delicious, nutritious and comforting. During this winter time, there's nothing better than this recipe, to satisfy your craving for something warm, ideal for those cold afternoons.

PREPARATION TIME: 15 MINUTES

INGREDIENTS

- 1 cup of water
- Cinnamon to taste
- 3 tablespoons of oats (soak 3 hours before)
- 1 cup of milk of your preference (Light, Almond, Coconut)
- 2 Squares of dark chocolate
- Vanilla extract
- Stevia to taste

DIRECTIONS

1. In a wave pot, combine cinnamon and ½ cup of water, bring to a boil to begin with the preparation of the champurrado. Add the remaining water with the oats in the blender, blend until a fine mixture is left. Pour the mixture into a strainer adding it to the pot of cinnamon water.
2. Bring to a boil by reducing the heat to the lowest, constantly stir the champurrado by hand with a whisk for 6 - 7 minutes, until it thickens.
3. Add the stevia, chocolate, and a tablespoon of vanilla extract. Stir the champurrado frequently for 4-5 minutes until the chocolate is melted and the ingredients have finished combining. Serve and enjoy!



INSPIRE

2025 Annual Meeting & Conference
March 17-19 | Rancho Palos Verdes, CA

It's not too late to secure early-bird pricing for **INSPIRE UnitedAg's 45th Annual Conference**, March 17-19, 2025, happening at the Terranea Resort. Celebrate our Sapphire Anniversary with three dynamic breakout sessions, an innovative keynote speaker, and prime networking opportunities. Connect with industry leaders and explore new ways to be inspired!

The conference promises to deliver a unique blend of tradition and forward-thinking strategies designed to energize and inspire attendees.

In honor of UnitedAg's 45th anniversary, take advantage of **enhanced sponsorships** featuring expanded signage and exclusive branding during key moments of the Conference. Gain valuable exposure and align your brand with UnitedAg's legacy of collaboration and innovation.

For more details and to watch our exciting video trailer, visit our conference website: unitedagconference.org.



Be Proactive Annual Physical Challenge

CAMPAIGN BEGINS JANUARY 1ST & ENDS APRIL 30TH



Schedule your annual physical at one of UnitedAg's six health clinics, in person or virtually, and get UnitedAg swag!
Book online at ua.clinic or call 877.877.7981.



BECOME THE BEST U BY GETTING YOUR ANNUAL CHECKUP

SALINAS • SANTA MARIA • TURLOCK • VISALIA • CHICO • COLUSA

MEMBER SERVICES & ADVOCACY PROGRAM

UnitedAg Member Services focuses on delivering innovative, member-focused resources to promote health, education, and sustainability within the agricultural community. Our team of experienced professionals provides comprehensive support tailored to the unique needs of its members. Key services include:



Member Assistance



Network Access



Wellness Program



Pharmacy Benefits



Hospital Admissions



Health Advocacy

ADVOCACY PROGRAM

Our member services department is comprised of a specialized team of dedicated Advocates who are experts in navigating, researching and taking down barriers that may arise when navigating the healthcare system. They serve as liaisons between providers, and partnered entities to help our members focus their time and energy on improving their health and well being. [Click here](#) to learn more.

January 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.

WE'VE BEEN AWARDED

TOP WORKPLACES



TOP WORK PLACES 2024

THE ORANGE COUNTY REGISTER



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

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

[Townhall Virtual Meeting](#)

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

[HealthChats: Understanding Menopause & Perimenopause](#)

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



HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

EDITORS & CONTRIBUTORS

EDITORS

Maribel Ochoa
Director, Communications & Membership

Evelyn Mendoza
Communications Associate

Jessica Lopez
Communications and Membership Coordinator

Richard Tran
Digital Communications Specialist

CONTRIBUTORS

Dr. Rosemary Ku
Chief Medical Officer

Elite Medical Wellness

Teladoc Health

SAIN Medical