

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE TWELVE | DECEMBER 2025

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Step Into Health: Physical Wellbeing Month



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Staying active is key to long-term health and feeling your best even in the winter. Regular movement strengthens your body, lifts your mood, and helps prevent chronic conditions.

This month we will explore the importance of staying active, highlight the health benefits, and share practical ways to keep moving no matter the season.

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PHYSICAL WELLBEING



Staying active doesn't need to be complicated or take up a lot of time.

Even small, everyday movements can have a big impact on your overall health and wellbeing. Discover the benefits and try these easy, practical ways to bring more activity into your day.

Health Benefits to Staying Physically Active

- Supports Heart Health
- Increases Strength and Mobility
- Boosts Energy and Reduces Fatigue
- Helps Manage Weight
- Reduces Stress and Improves Mental Wellbeing
- Prevents Long-Term Health Issues
- Supports Better Sleep
- Promotes Longevity and Better Quality of Life

Stay Active This Winter: Six Practical Tips

- 1. Take nature walks:** When weather permits, schedule time during the day for a stroll around your neighborhood or a local park.
- 2. Check forecasts and plan smartly:** Keep an eye on local forecasts so you can plan activities ahead of time, dress appropriately, and adjust your routine as needed.
- 3. Dress in light layers:** Opt for breathable, comfortable layers you can add or remove as temperatures change.
- 4. Workout Online:** During colder weather, use free or low-cost online classes for yoga, strength training, dance, or stretching at home.



5. Stay Active Indoors: When outdoor activities aren't ideal, turn everyday chores into movement. Cleaning, sweeping, vacuuming, or climbing stairs all count as physical activity, and help you stay productive while supporting your health.

6. Volunteer In Active Ways: Look for volunteer opportunities that involve physical activity, such as walking dogs, helping at food distribution sites, or assisting neighbors with outdoor tasks during winter weather.

SOURCE: CDC.GOV/PHYSICAL-ACTIVITY

Stretch It Out

Stretching relaxes tight muscles, improves joint mobility, and reduces discomfort. Start gradually to avoid pain.

- 1. Breathe:** Use deep breathing on major stretches like spinal twists and hip flexors.
- 2. Slowly extend your reach:** Move into the stretch at a comfortable pace.
- 3. Release Carefully:** Unfold slowly and support the body.
- 4. Flow Smoothly:** Move seamlessly into the next stretch.

Healthy Resources Links



[STRETCH GUIDE](#)

[TELEDOC HEALTH](#)

[UNITEDAG HEALTH & WELLNESS CLINICS](#)



SIMPLE EVERYDAY WAYS TO STAY PHYSICALLY ACTIVE



Brought to you by UnitedAg—Supporting Agricultural Community Health

Staying active doesn't have to be complicated. Small, everyday movements can make a big difference in your overall health and wellbeing. Try these simple ways to bring more activity into your day each day:



1. Take Short Walks

A quick 10–15 minute walk before work, during lunch, or after dinner boosts energy and supports heart health.



5. Add Movement to Daily Tasks

Park farther away, walk during phone calls, or stretch while watching TV.



2. Stretch Throughout the Day

Take short stretch breaks every 1–2 hours to reduce tension and stay flexible.



6. Join a Group Activity

Participate in walking groups, dance sessions, or wellness activities offered through UnitedAg.



3. Use the Stairs When You Can

Choosing stairs over elevators builds strength and improves circulation.



7. Try Desk-Friendly Exercises

Leg lifts, seated twists, shoulder rolls, or ankle circles help keep your body moving throughout the day.



4. Try Mini At-Home Workouts

Simple movements like squats, lunges, wall push-ups, or gentle yoga can be done in just a few minutes.



8. Set Movement Reminders

Use your phone or smartwatch to remind you to stand and move every hour.

Find more resources and a printable version at unitedag.org/physicalwellbeing.





HOLIDAY EATING

'Tis the season for holiday cheer and festive treats. Finding balance helps us stay energized and feel our best. Let's explore healthier choices and what may lead to overeating this season.

Deck the Halls with Healthy Choices

Festive Flavors, Mindful Eating:

Explore the rich tapestry of holiday flavors without overindulging. Savor each bite, and let your taste buds dance to the tune of seasonal spices. From the aromatic warmth of cinnamon to the comforting nuttiness of roasted chestnuts, make each bite a celebration of flavor.

Plates and Portions:

Resist the urge to pile your plate sky-high. Opt for smaller portions of your favorites, allowing you to savor every morsel without that post-feast regret. Remember, the joy of the holiday season doesn't lie in the quantity of food but in the quality of shared moments.

Hydration for the Holidays:

Don't forget the power of water! Staying hydrated can help you feel full and curb the temptation to overeat. Plus, it's the perfect companion to any holiday feast. Infuse your water with a hint of festive fruits like cranberries or a slice of orange for a refreshing twist.

Unwrapping the Causes of Overeating

Emotional Eating Awareness:

The holiday season can bring a rollercoaster of emotions. Be mindful of emotional triggers that may lead to overeating, and seek alternative ways to cope with stress or joy. Take a moment to reflect on the true meaning of the holidays and find joy in the company of loved ones.

Slow and Savory:

In the rush of festivities, it's easy to forget the simple joy of eating slowly. Put down the fork between bites, engage in conversation, and give your body time to signal when it's comfortably satisfied. This mindful approach not only aids digestion but enhances the overall enjoyment of your holiday feast.

Mindful Dessert Delight:

Save room for dessert, but savor it mindfully. Choose your favorites and relish every sweet moment without the guilt. A little indulgence can be part of a balanced celebration. Consider incorporating healthier dessert options, like fruit-based treats or dark chocolate, to satisfy your sweet tooth without going overboard.

Quick Tips:

- Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives, choosing nutrient-dense options low in added sugars, saturated fat, and sodium.
- Choose foods with little or no added sugars, drink water or unsweetened sparkling water instead of soda.



[LEARN MORE](#)



Spring Health 

HOLIDAY BLUES AND STRESS

It's the most wonderful time of the year—except when it's not.

For many, holidays mean gifts and celebrations. But presents and get-togethers often cost money and time, which can put added pressure on people's busy schedules.

60%

of Americans feel somewhat or very stressed during the holiday season

47%

of Americans are stressed about their finances during the holiday season

The holiday season can create added stress as many try to juggle the demands of the holidays with their professional obligations at work.

32%

of American employees are stressed out about balancing holiday events and work obligations

23%

of American employees are stressed out about a heavier workload returning upon returning to work after time off



LEARN MORE

For support during the holiday season and beyond, you have Spring Health as a mental wellness benefit. With Spring Health, you can access tools such as therapy, in-app exercises, and coaching to help you feel like your best self.

Source: Healthline, Robert Half, KFF



TIPS FOR INDIVIDUALS

Redefine what the holiday looks like for you

Focus on what you personally find festive, plan activities you enjoy, and make time for at least one joyful moment to boost warmth and positivity.

Give yourself permission to say, "No"

A busy holiday schedule can drain your joy. It's okay to say no to events—whether in-person or virtual—that you don't genuinely want to attend.

Volunteer and Give

Volunteer at soup kitchens or local charities, or donate if your budget allows. Giving your time or resources can lift others' holidays and boost your own sense of purpose and well-being.

Don't rely on alcohol and drugs

Overindulging might feel like a quick stress relief, but it often backfires. Try exercise, meditation, or uplifting music instead to manage holiday stress.



COMING SOON: EASIER, MORE AFFORDABLE PHARMACY BENEFITS

Effective **January 1, 2026**, UnitedAg will be transitioning to **SmithRx** to bring you modern, transparent, and cost-effective pharmacy benefits. Our **goal** is to make healthcare simpler, more affordable, and easier to navigate. With **SmithRx**, you'll enjoy lower copays, access to an expanded pharmacy network, convenient home delivery, and clear, easy-to-understand pricing, making it easier than ever to manage your medications and stay healthy.

With SmithRx, you'll Enjoy:

- **Dedicated support team** to assist you every step of the way
- **Convenient access to over 65,000 pharmacies nationwide**, including **Costco**, **Walgreens**, **Walmart**, and more!
- **Lower-cost medications**
- **Innovative programs** to maximize your savings

MEMBER BENEFITS

- **Pharmacy Transparency** – Know exactly what you're paying with clear, upfront pricing on prescriptions.
- **Zero Generic Program** – Continue to enjoy \$0 copay for select generic medications with Costco Pharmacy and \$9 for HSA plans.
- **Innovative Cost-Savings Programs** – Access programs designed to reduce out-of-pocket costs and deliver greater value.
- **Cost-Savings Pharmacies** – Save more through a network of value-driven pharmacy partners.
- **Broader Pharmacy Access** – Choose from an expanded national network of 65,000 for greater convenience and flexibility.
- **Self-Serve Member Portal** – Manage prescriptions, check pricing, and locate pharmacies all in one easy-to-use platform that connects with the UnitedAg Health Portal making it simple to manage your pharmacy benefits.



Frequently Asked Questions



Can I continue to use my current pharmacy?

Yes, you can continue using your preferred pharmacy. There are no changes to where you can fill your prescriptions



Do I need to present my new ID Card to my health provider?

Yes. Your card now has a new pharmacy BIN due to the Pharmacy Network transition, which may affect your benefits. Please inform your health provider starting **January 1, 2026**.

[MORE ON SMITHRX](#)
[MORE FAQ'S](#)


Member Resources

Below are important links and information to help you understand and access your health benefits.

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
Christmas Day	Closed
Day After Christmas	8:00 am - 2:00 pm
New Years Day	Closed
January 02, 2026	8:00 am - 2 pm

UnitedAg Health & Wellness Clinic Holiday Hours

Christmas Eve	Closing at 12 pm
Christmas Day	Closed
New Years Day	Closed

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](#)
unitedag.org/healthchats
- [Member Health Portal](#)
unitedag.org/healthportal
- [Health & Wellness Clinics](#)
ua.clinic
- [Network Partner Directories](#)
unitedag.org/networks
- [Member Guide](#)
unitedag.org/memborguide
- [Quick Guide](#)
unitedag.org/quickguide
- [Pharmacy FAQs & Costco Formularies](#)
unitedag.org/chs

UPCOMING EVENTS

- [Chico Wellness Clinic Ribbon Cutting](#)
[January 22, 2026 10:30 am](#)

WATCH ON DEMAND

- [HealthChats: Endocrine Disruptors & Hormone Health](#)
- [HR Roundtable: 2025 End of Year Legal Review](#)



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