

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

ISSUE SIX | JUNE 2025

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## The power of positive affirmations

### “Good job!”

It's a phrase we say to and hear from kids, colleagues and even ourselves over and over. While it's a simple phrase, its positive effect goes a long way. We all need to feel valued, seen and appreciated.

Since your primary relationship is with yourself, it would seem natural that you are your best friend and biggest cheerleader. However, that's not always the case. We all have self-doubt and moments of negativity that emerge in our internal monologues or the little voices in our heads.

### Change the conversation

The negative noise in your head can drown out positive things if you let it. [Click here](#) to read more.

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## A HEALTHIER MIND STARTS WITH WHAT YOU EAT



Do you ever feel excessive fatigue, restlessness, tension, guilt, or worry? Have you noticed changes in your sleep patterns, appetite, or mood? If so, you're not alone and your mental well-being could benefit from a nutrition and lifestyle approach. What you eat and drink can significantly affect how you feel, physically and mentally. A growing body of research shows that a balanced, nutritious diet plays a key role in reducing the risk of mental health challenges like depression and anxiety—and can also help you manage everyday stress.

### Food & Nutrient Strategies for Stress

Chronic stress depletes key nutrients like magnesium, vitamin C, and B vitamins—so replenishing your body with calming, nutrient-dense foods is key.

Try this:

- Include magnesium-rich foods like leafy greens, almonds, avocados, and bananas.

[Click here](#) to read more.



### Gut Reset Smoothie - Cleanse-Friendly!

#### Ingredients:

- 1 cup unsweetened kefir
- ½ cup pineapple (anti-inflammatory)
- ½ avocado (healthy fats + fiber)
- 1 tbsp chia seeds
- 1 handful spinach
- Juice of ½ lemon
- 1 tsp fresh ginger

Blend & enjoy daily for a gut-loving, energizing start to your day!



## MEN'S HEALTH IN AGRICULTURE: STAYING STRONG FOR THE SEASON AHEAD

For many men in agriculture, work doesn't stop when the sun sets—it just moves inside. Early mornings, long hours in the fields, and the physical toll of the job are often worn as a badge of honor. But behind that strength, there's a quiet truth: taking care of your body and mind isn't weakness—it's the foundation that keeps everything else moving.

### Health That Works as Hard as You Do

It's easy to think health means hitting the gym or counting calories. But for men in ag, health starts with functionality—being able to wake up without pain, carry heavy loads, and stay sharp through long shifts. Start with these three basics:


- **Move Smart:** Your job is already physical. Stretch in the morning before your shift and wind down in the evening with light walking or deep breathing to help your muscles recover.
- **Fuel Wisely:** Skip the sugar drinks and greasy snacks. A handful of almonds, hard-boiled eggs, or fruit can go a long way to keep your energy up naturally.
- **Sleep Like You Mean It:** A good night's sleep repairs your body and clears your mind.

### Mental Health is Men's Health

You carry a lot. Not just on your shoulders. Stress, anxiety, and burnout are real, even if you don't talk about them. If you're constantly irritable, tired, or feeling disconnected, it's okay to check in. Call a trusted friend, talk with a wellness counselor, or take a quiet walk without your phone. You weren't meant to carry it all alone.

### You Take Care of the Work—Let Us Take Care of You

Your health matters, and support is closer than you think. UnitedAg Health & Wellness Clinics are here to serve those who keep agriculture running.

 Schedule an appointment today by calling (877) 877-7981 or visiting [unitedag.org/wellness](https://unitedag.org/wellness)

**YOUR HEALTH IS YOUR HARVEST. INVEST IN IT.**



## PROTECT YOUR SKIN: RASHES CAUSES & SIDE EFFECTS

Rashes are a common skin reaction that can affect people of all ages. They might show up anywhere on the body and vary in appearance, cause, and severity. While many rashes are mild and go away on their own, others can signal something more serious. If your rash is accompanied by fever, swelling, or trouble breathing, seek medical attention right away.

### What Causes Rashes?

**Infections:** Bacterial, viral, or fungal infections—like chickenpox, measles, or ringworm—can trigger rashes. These are often contagious and may require treatment.

**Autoimmune Disorders:** Conditions like lupus, rheumatoid arthritis, and psoriasis can also cause rashes as the immune system mistakenly attacks healthy skin cells.

[Click here](#) to read more.



### Pass or Hold the Salt? The Pros and Cons of Sodium and Our Health

**Blue Shield of California's Angie Kalousek Ebrahimi answers the age-old question: Is salt good or bad for us? The answer is: both.**

by Beth Trimarco

Salt is the world's oldest and most popular seasoning and a staple in every kitchen. But as much as we love to sprinkle it on our food, the debate continues on: should we pass the salt or hold the salt? While sodium — one of two elements in salt, the other is chloride — is essential for life, too much (or too little) can lead to serious health consequences.

"Salt has gotten a bad rap because we live in a society

where we oversalt," said Angie Kalousek Ebrahimi, Blue Shield of California's senior director of Lifestyle Medicine. "Salt is essential to keep your body running smoothly, and if you're eating whole foods and salting at the table, I'm not terribly worried. The big problem lies in fast food and processed foods, which already have high salt content, both for taste and as a preservative."

When ingested in the correct amount, salt balances your electrolytes, helping you maintain hydration. It prevents low blood pressure, which causes dizziness and fatigue. "We've all seen the commercials with athletes drinking special products to boost their electrolytes," said Kalousek Ebrahimi. "This is because if you're perspiring a lot, you are sweating out all your salt. You can replenish it by simply adding a little bit of salt and lemon to your water bottle." [Click here](#) to read more.



## **B** PROACTIVE **E** About Your Health

## Q1 Wellness Win: Strong Start to the Year

UnitedAg kicked off 2025 with a renewed focus on member wellness through its annual first quarter campaign, which ran from **January 1 to April 30**. The initiative encouraged members to take a proactive approach to their health by scheduling their annual physical exam at one of six UnitedAg wellness clinic locations.

This year's campaign not only reinforced the importance of preventive care but also demonstrated a measurable increase in member engagement. A total of 333 physical exams were completed during the campaign period—a 3% increase compared to last year's total of 324 exams.

Annual physicals are a cornerstone of preventive health, offering an opportunity for early detection of chronic conditions, discussion of mental health concerns, medication reviews, and personalized health guidance. By promoting these exams early in the year, UnitedAg aims to support members in establishing healthy habits and staying on top of their overall wellness.

"We're proud to see more members taking advantage of the resources available to them," said Kirti Mutatkar, CEO of UnitedAg. "This uptick reflects a growing understanding of the value of preventive care and the trust our members place in our clinics and care teams."

The success of this campaign highlights the ongoing efforts of UnitedAg to remove barriers to care and foster a culture of health and well-being across its member organizations. Each of the six wellness clinics played a critical role in accommodating appointments, providing high-quality care, and delivering a welcoming, accessible experience for all members.

Looking ahead, UnitedAg plans to build on this momentum with year-round wellness programs, health education initiatives, and additional outreach designed to empower members to make informed, proactive choices about their health.

## June 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).



# 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

### 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](https://unitedag.org/healthchats)
- 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)
- Member Guide**  
[unitedag.org/memborguide](https://unitedag.org/memborguide)
- Quick Guide**  
[unitedag.org/quickguide](https://unitedag.org/quickguide)
- Summary Plan Description (SPD)**  
[English](#) | [Spanish](#)

## UPCOMING EVENTS

- HealthChats - Aging and Brain Health**  
[September 25, 2025 10:00 am](#)
- HealthChats: Endocrine Disruptors and Hormonal Health**  
[December 4, 2025 10:00 am](#)

## WATCH ON DEMAND

- Healthchats: Mindfulness, Stress & Mental Health in the Social Media Era**



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