

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE SEVEN | JULY 2025

- 1 Sun Care & Skin Care
- 2 Sun Care & Skin Care Continued
- 3 Dermatology Benefits via Teladoc Health
- 4 Mindful Eating
- 5 Mindful Eating Continued & July Pharmacy Prescription Formularies
- 6 The Power of Vulnerability
- 7 Member Resources & Helpful Links

CONTENTS

Sun Care & Skin Care



Proudly Sponsored by



This month, we're focusing on skin care and sun safety, and offering helpful resources to support your well-being all summer long.

July is UV Safety Awareness Month, making it the perfect time to shine a light on the importance of protecting your skin from harmful ultraviolet (UV) rays. Skin is your body's largest organ—and your first line of defense. Long-term sun exposure without protection can lead to premature aging, sunburns, and a heightened risk of skin cancer.

[Get Skincare Tips & Resources](#)

CMO MESSAGE: UV PROTECTION

Summer beach trips, BBQs, tailgates, and pool parties mean more outdoor fun and time in the sun! These activities lead to even more sun exposure for agricultural workers who already spend long hours outside. While sunshine does have many health benefits such as improving mood and mental health, vitamin D levels, and sleep patterns; too much of a good thing can also put your health at risk. UV radiation from sun exposure doesn't just cause age spots and wrinkles. Too much sun can also harm your eyes by increasing risk of cataracts and vision problems, weaken your immune system, and cause heat stroke and dehydration. Although it's common knowledge that UV radiation is a leading cause of skin cancer, it can also cause cancer in the eyes and lips. Even if your skin type doesn't burn easily, you can still be at risk of skin cancer.

To keep you and your families safe from the sun, make sure you use a generous amount of broad-spectrum sunscreen that protects against UVA and UVB rays. Choose a sunscreen with an SPF of at least 30 and opt for a water resistant formula. Remember to reapply every 2 hours when you are outside and after swimming or sweating. Any skin that's not covered needs sunscreen so don't forget your lips, ears, neck, hands, and feet. Also, don't skimp on sunscreen because of the weather. Even on cloudy days, the majority of the sun's rays will still reach you. Aside from sunscreen, try to stay in the shade when possible and make sure you use hats or visors, sunglasses, and sun-protective light clothing. Lastly, there is no safe way to tan so avoid tanning beds.

Regardless of the time of year, make sun protection a part of your healthy lifestyle. It is just as important as nutrition, exercise, and avoiding tobacco. From all of us at UnitedAg, we hope you have a safe, fun-filled, and abundant summer!

Tips for Smart Sun Safety



Use Broad-Spectrum Sunscreen Daily

- Choose SPF 30 or higher
- Reapply every 2 hours—or more often if swimming or sweating

Wear Protective Clothing

- Long sleeves, wide-brimmed hats, and sunglasses block direct sun exposure
- Look for UPF-rated clothing for added protection

Seek Shade During Peak Hours

- UV rays are strongest between 10 a.m. and 4 p.m.
- Opt for shaded areas or carry an umbrella

Don't Forget Often-Missed Spots

- Ears, tops of feet, back of neck, and scalp are common areas people forget to protect

Stay Hydrated

- Skin health starts from within—drink plenty of water to keep your skin hydrated and resilient



Dermatology Benefits via Teladoc Health



Need Expert Help? Teladoc Health Has You Covered!

Take the guesswork out of skin care with Teladoc Health's dermatology services. You can consult a licensed dermatologist right from your phone or computer—no appointment needed.

With Teladoc Dermatology, you can:

- Get personalized treatment for skin concerns (acne, rashes, eczema, and more)
- Upload photos of skin issues for diagnosis
- Receive prescriptions, if needed, and follow-up care—all online

Covered under your UnitedAg health plan, this benefit makes expert skin care more accessible and convenient than ever.

Log into Teladoc Health or download the Teladoc app to get started today!

[Register for Teladoc](#)

[Teladoc Flier](#)

[Dermatology Video](#)



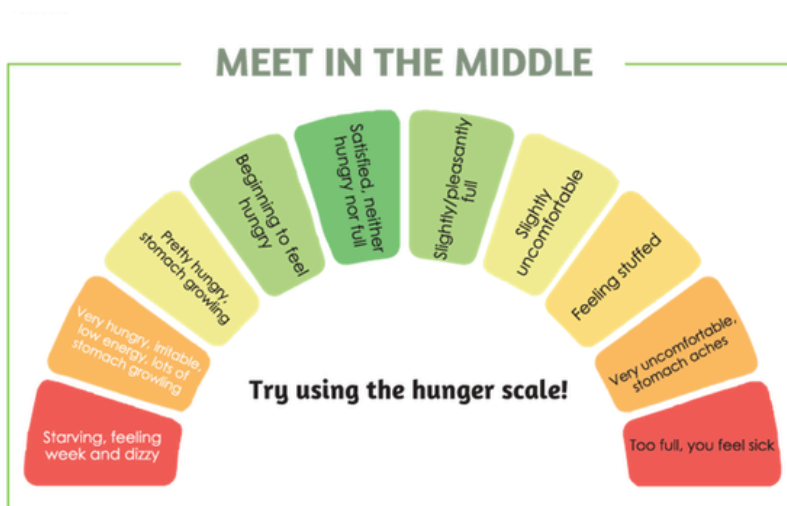
MINDFUL EATING



Mindful Eating	Mindless Eating
Acknowledge food as nourishment	Use food as reward, punishment, or tool
Approach food preferences and selection without judgment	Label foods as "good" or "bad" and restrict choices
Recognize physical hunger cues	Wait until you're starving before eating or eating when not hungry
Connect with food while eating by disconnecting electronics	Eat while watching TV, using phone, or working on computer
Select and prepare food considering its origin	Select and purchase overly processed food
Honor fullness cues and stop eating once satisfied	Ignore fullness cues and continue eating until stuffed

Mindfulness Tools

Identifying behaviors that drive mindless eating, learning strategies for mindful eating, and understanding the importance in connecting with food.



We Challenge You to:

1. Eat 3 meals at a table this week without distraction
2. Purchase ingredients for preparing a nourishing recipe this week
3. Prepare 2 lunches ahead of time to enjoy at work this week



Mindful Eating

1. Utilizing the hunger scale

- Ideally, you want to fall into the 4-6 range in the hunger scale of 1-10

2. Understanding hunger and satiety

- “It’s not you, it’s your hormones.”
- Curbing overeating involves shifting your mindset from “eating until you’re full” to eating until you’ve just had enough. “Just enough” means that you’ve eaten the right amount to support your hunger for about 4 hours.

3. Journaling before, during, and after meals and snacks

- Tracking hunger, fullness, emotions, and perceived healthfulness
- Writing in a journal to track results and notice trends.
- Accountability can be important to changing behavior.

4. Slow down!

- We get satisfaction from chewing - that’s why we like foods with various textures. Chewing food not only gives your mouth more satisfaction, experiencing changing textures and flavors, but it helps us get more nutrients from what we eat. There are enzymes in saliva that break down food, allowing the mouth to begin absorbing nutrients even before we swallow our food.

5. Recognize stress eating and know your triggers!

- Give yourself a 30-60 second pause before making a decision. This can help recognize triggers.
 - Exercise
 - Eat smart
 - Manage stress

6. Redirect

- What if your goal is to make a healthy snack for dessert, but the only thing in the pantry is cookies. Have other snack options available for a redirect. Maintaining an environment with healthy options available is key.

7. Embrace “Healthy Eating” and manage your expectations

- We want to nourish our bodies while enjoying the food we are eating.
- Ask yourself: What are you asking your food to do for you?
 - To comfort?
 - To fuel?
 - To nourish?
 - To prevent disease?
 - To entertain?

8. Cooking healthy

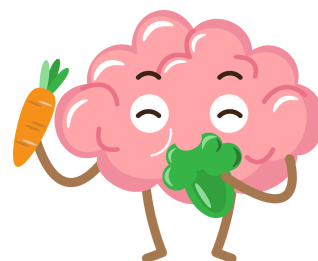
- Be the nutritional “gatekeeper”
- Decisions about what to eat for breakfast, lunch, dinner, and snacks are mainly determined by what foods the grocery shopper (a.k.a the nutritional gatekeeper) brings into the house. Keep cooking simple and convenient.

July 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.




THIS MONTH'S MENTAL HEALTH WEBINAR

The Power of Vulnerability

Do you ever feel nervous about opening up to others? You're not alone. Being honest about how we feel—at work, at home, or in relationships—can feel scary. But small steps toward being more open can help us feel closer to others and improve our mental health. In this webinar, Spring Health providers will share helpful tips and surprising strategies to help you practice vulnerability in safe and simple ways.

So join us to learn:

- Why vulnerability helps us feel better and connect more
- Easy ways to open up without feeling overwhelmed
- How couples therapy can help you build stronger relationships
- How Spring Health can support you

Spring Health 

UPCOMING WEBINAR

The Power Of Vulnerability

*Opening Up Isn't A Sign Of Weakness;
It's How Real Connection Begins*

Tues, July 15, 2025 | 3-4 PM ET / 12-1 PM PT



Scan the QR code to
secure your spot now.

[Or Click Here to 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**
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
- 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**

