

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

ISSUE EIGHT | AUGUST 2025

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## Cancer Awareness



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**This month, we're focusing on cancer awareness. At UnitedAg, we believe that knowledge is power—and prevention is possible.**

Each year, more than 600,000 people in the United States lose their lives to cancer. In 2025, 44% of these deaths are projected to be linked to preventable risk factors—from lifestyle habits to environmental exposures.

**Take charge of your health today — For you, your family, and your future.**

[Learn More](#)

## CMO MESSAGE: BREAST CANCER AWARENESS

Even if someone lives a perfect lifestyle—by eating a nutritious diet, exercising regularly, getting good sleep, maintaining a healthy weight, avoiding substances including tobacco and excess alcohol, and minimizing unhealthy stress—cancer can still develop. It's unfair and it happens every day.

All women are at risk of developing breast cancer, regardless of a healthy lifestyle or lack of family history. Breast cancer is the most prevalent cancer worldwide and accounts for 1 out of every 8 new cancer diagnoses. The majority of women (85%) who develop breast cancer have no family history. Given the widespread risk, the most important thing we can do to fight breast cancer is to get screened. Women aged 50 to 74 with an average risk of breast cancer should have a screening mammogram every two years. Some women might need screening earlier, depending on individual risk factors.

Not all people with breast cancer have symptoms but there are several warning signs that should be discussed with your doctor. These symptoms include lumps or pain in the breasts or armpits, change in breast size or shape, changes in the skin of the breast or nipple, and unusual or bloody nipple discharge. These symptoms can also be signs of breast cancer in men and should be addressed with a healthcare provider as soon as possible.

We can't control all the risk factors for breast cancer, but we can control whether or not we get the recommended screenings. If you are 50 years or older and have never had a mammogram or haven't had one in over two years, call your doctor's office today to schedule one.

### Frequently Asked Questions



[READ MORE](#)

#### Who should get screened for breast cancer?

Women aged 50 to 74 years old should have a mammogram every two years to screen for breast cancer. If you or a family member has had any cancer, speak with your physician about whether you should be screened earlier and whether you might be a candidate for genetic testing.

#### What are possible symptoms of breast cancer that we should be aware of?

Not everyone with breast cancer experiences symptoms, but there are several warning signs that should be discussed with your doctor. These include lumps or pain in the breast or armpit, changes in breast size or shape, changes in the skin of the breast or nipple, and unusual or bloody nipple discharge.

#### Where can I go to get screened for breast cancer?

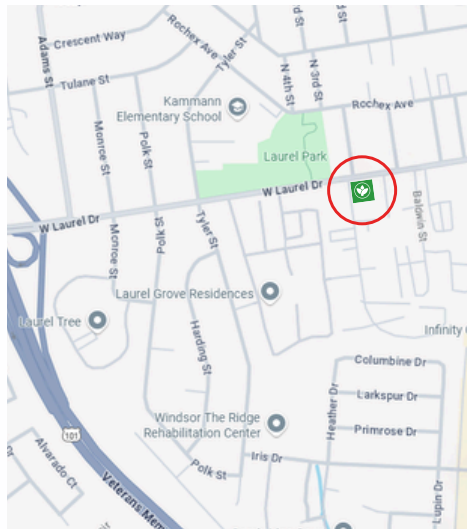
If you are aged 50 years or older and have never had a mammogram or haven't had one in over two years, call your doctor's office today to schedule one. If you do not have a primary care doctor, please call **Member Services** at **800.223.4590** for assistance and our **Health & Wellness Centers** at **877.877.7981** to schedule an appointment.





## WE'RE MOVING TO A NEW LOCATION! STARTING TUESDAY, SEPTEMBER 2<sup>ND</sup>

275 W. LAUREL DRIVE, SUITE B & C, SALINAS, CA 93906



We're excited to announce that our **Salinas Health & Wellness Clinic and Membership Support Office** will be relocating to a new and improved space starting **Tuesday, September 2!**

Conveniently located off the **101**, our new Salinas facility features expanded and dedicated spaces to better serve members.

Our new location will offer a Member Support Hub located in **Suite B**, a private office for benefit support and educational sessions with our UA team. **Suite C**, includes more treatment rooms and a more comfortable setting for high-quality care!

### IMPORTANT

As we prepare for the move, the Salinas Health & Wellness Clinic and Membership Support Office will be closed **August 26-29**. **Services will resume September 2<sup>nd</sup> at our new location.**

### VIRTUAL CARE AVAILABLE

UnitedAg Salinas Health and Wellness Clinic will still be available for you and your health during our move! Book a virtual appointment.

[BOOK VIRTUAL APPOINTMENT](#)

*Schedule your September appointment and get a free gift!  
(One per person, while supplies last).*



# Flu Prevention Awareness

## WHY DOES IT MATTER?

- The 2024–2025 flu season was extraordinarily severe, the worst since 2017–18—with the highest hospitalization rate in over a decade and 246 pediatric deaths through June 2025 [CDC](#).
- Declining vaccination trends, especially among children and pregnant people, have worsened vaccine-preventable disease outcomes.

[Read More](#)

## HOW DOES UNITEDAG SUPPORT FLU PREVENTION?

Offering or promoting flu shots shows your organization values employee health and safety, takes a proactive approach to preventing disruptions, and fosters a culture of wellness and shared responsibility. UnitedAg is here to support you by providing on-site flu shot clinics. Available to member groups with 25+ participants within 25–30 miles of a regional clinic.

[See Details](#)



## ONSITE FLU SHOT EVENTS

- **Start date:** Wednesday, October 1, 2025
- **Event Hours:** Monday – Friday; 7:00 AM – 6:00 PM
- **Vaccine:** Afluria® Trivalent, 0.5 ml Prefilled Syringes
- **Non-Insured Pricing:** \$31.00 for non-insured individuals
- Available to member groups with **25 or more participants**.
- Worksites must be located within **25–30 miles** from a UnitedAg Regional Health & Wellness Clinic.

## PROTECT YOUR HEALTH & TEAM

- **Prevent Co-infection:** It's possible to be infected with multiple flu strains (like influenza A and B) or with more than one respiratory virus at the same time.
- **Prevent Workplace Outbreaks:** The flu causes significant workplace disruptions with \$16 billion in lost productivity each year. When vaccinated individuals do get sick, they typically experience milder symptoms and recover faster, leading to fewer disruptions.
- **Reduce Absenteeism:** The flu spreads easily in close-contact workplaces. Widespread employee vaccination lowers flu transmission in the workplace and helps protect those who can't be vaccinated.

## ONSITE FLU SHOT PREREQUISITES

1. Submit flu shot event request via [Monday.com](#)
2. Clinical Team reviews and confirms date/time.
3. Communications Team sends event details, forms, and setup instructions.
4. Travel fee (if applicable) will be communicated before confirmation.
5. Submit final participant count 48 hours before the event.



[ONSITE EVENT INTEREST FORM](#)



# Summer Isn't Over Yet

## Here Are 5 Tips to Beat the August Heat

[Catch Up On UV Safety](#)

### 1. STAY HYDRATED

- Drink water often, even if not thirsty.
- Add lemon, cucumber, or mint for natural flavor.
- Clear or pale yellow urine means you're hydrated.
- Eat water-rich fruits and veggies like watermelon and cucumber.

### 2. PRIORITIZE REST

- Aim for 7–9 hours of sleep each night.
- Keep your room cool for better rest and energy.

### 3. EAT FRESH PRODUCE

- Take advantage of summer's fresh produce and add fruits and veggies to every meal.
- Visit your local farmers market for the best in-season options.



### 4. EXERCISE

- Exercise in early morning or evening to avoid peak heat.
- Hydrate before, during, and after activity.
- Wear light, breathable clothes and apply sunscreen.
- Choose cooler workouts
- Listen to your body and take breaks to avoid overheating.

### 5. BUG PROTECTION

- Use insect repellent with DEET or recommended ingredients.
- Cover up with long sleeves, pants, and socks.
- Avoid mosquito-heavy areas at dawn and dusk.
- Seek medical help for severe reactions like breathing issues or swelling.



## August 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).





## Back to Basics: Daily Routines for Mental Wellness

In a fast-paced world, it's easy to overlook the power of simple, daily habits. But even small routines—like setting intentions in the morning or reflecting at the end of the day—can help reduce stress and support focus. Routines create structure, helping the brain feel more calm, clear, and in control.

Spring Health makes it easier to build sustainable habits that support mental wellness, one step at a time.

Simple routines can help bring balance back. When your brain knows what to expect, it doesn't have to work as hard. That creates space for calm, clarity, and energy.

### Try this Today:



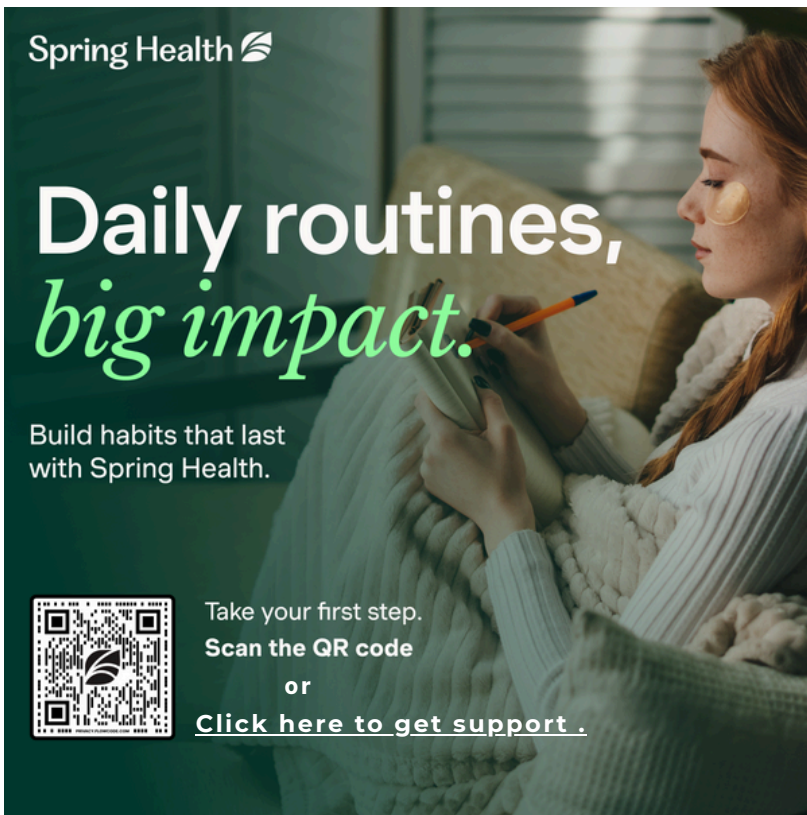
Go to bed and wake up around the same time each day—even on weekends.




Take 5 minutes in the morning to set your intention or jot down a goal.




Try a short walk after lunch to give your brain a break.



Spring Health 

## Daily routines, *big impact.*

Build habits that last  
with Spring Health.



Take your first step.  
**Scan the QR code**  
or  
[Click here to get support .](#)

### Manager Support:

Empower your leadership with resources built for managers. Spring Health provides real-time tools and support to help you lead your team with confidence, care, and clarity—while prioritizing everyone's well-being.

**Register for Spring Health** and check out our Workplace for resources designed specifically to help managers lead with confidence.

## WellSprings Conversations

Can you help shorten this expert? Ever feel like your to-do list is so long that even one more step feels impossible? You're not alone. In this small-group conversation, led by a Spring Health provider, we'll talk about how overwhelm can make it harder to start new routines. We'll explore why it's so common to feel stuck before you even start, and talk about ways to lower the pressure.

**Join the conversation.**

Spring Health 





## Either State-Side or Across the Mexico Border, We've Got You Covered Through the SAIN Mexico Medical Network

As we prepare for the upcoming Yuma Season, we want to remind our members of the valuable healthcare services available through our partnership with SAIN Medical, a trusted provider in our Mexico Network.

**SAIN is a family-owned organization** with years of experience and a strong commitment to delivering top-quality medical care. Their network includes over 150 certified doctors across all medical specialties, including family medicine, specialty care, dental services, radiology, and pharmacy.

To schedule an appointment, request pre-authorization, or coordinate travel, please contact:

**Oscar Garcia | Mexico Network Coordinator**

Tel (U.S.): 760.222.3809

Tel (Mexico): 011.52.653.536.7800

Email: [info@sainmedical.com](mailto:info@sainmedical.com)

Benefit	Details
Wide Network Access	They provide cost-effective medical services in select cities: Tijuana, Mexicali, Los Algodones, and San Luis Rio Colorado.
Quality of Care	Doctors hold top national certifications and international recognition
Specialist Services	Access to specialists, radiology, and pharmacy services
Affordable Co-Pays	Pay applicable co-pays directly to the provider at the time of service.
Annual Travel Benefit	Up to <b>\$1,500 per year</b> for travel, lodging, meals, and incidentals for patient + companion
Bilingual Support & Coordination	Dedicated support for pre-authorizations and travel arrangements
Eligibility	Available to all UnitedAg health plan participants

# 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**

