

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE SIX | JULY 2023

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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, 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.

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Continued: UV Protection

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!

Contact Dr. Rosemary Ku | Email dr.rosemary.ku@unitedag.org

Join Us Online for Health Forums and 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 month for a conversation about the health issues affecting our community, and get tips on how to manage and prevent them and each quarter for our webinar chat series designed to help you live your healthiest life.

HealthChats: Immunizations

August 17 at 10 am

Thanks to vaccines, diseases that once ravaged our nation, such as polio and measles, are now rarely encountered. Vaccines offer immunity, prevent disease spread and are among the most cost-effective preventative health measures.

Health Forums: Diabetes &

Footcare

September 20 at 11 am

Daily foot care is one of the best ways to prevent foot complications. About half of all people with diabetes have some kind of nerve damage. You can have nerve damage in any part of your body, but nerves in your feet and legs are most often affected.

HealthChats: Diabetes Awareness

November 16 at 10 am

Insulin helps our cells convert glucose into energy. With type 2 diabetes, your body does not make enough insulin for optimal functionality. Unused glucose stays in your bloodstream, which can cause serious problems, including diabetes.

Team member spotlight



YEN PHAM

Senior Billing Analyst

Since 2007, Yen Pham has worked diligently for our members from navigating enrollment to group billing and process analysis to name a few. She is an invaluable resource to both internal and external teams; sharing her experiences, detailed knowledge and history of UnitedAg from having witnessed its growth until now. Currently as a Sr. Billing Analyst, she continues to seek ways to enhance processes and member experience.

Healthy Recipe: Prosciutto Balsamic Peach Chicken with Burrata and Basil

Ingredients

- 4 chicken cutlets
- Kosher salt and black pepper
- 4 teaspoons fig preserves
- 8 thin slices prosciutto
- 2 small shallots, halved
- 4 garlic cloves, smashed
- 2 peaches, cut into 10-12 wedges
- 2 tablespoons fresh thyme leaves
- 2 tablespoons extra virgin olive oil
- 1 tablespoon salted butter
- 1 pinch crushed red pepper flakes
- 1/2 cup balsamic vinegar
- 1/4 cup dry white wine
- 2 balls burrata cheese
- 1/2 cup fresh basil



Prep Time	Cook Time	Total Time	Serves	Cal per Serving
15 minutes	15 minutes	30 minutes	4	676 kcal

For Instructions on how to prepare this dish, please visit [Half Baked Harvest](#).

Meet Our Wellness Team

Ritah Waweru, NP



Ritah was born and raised in Kenya until the age of 21. Before transitioning to her role as an FNP, Ritah was a nurse for 16 years and worked the last 10 years in critical care. Getting to know her patients well helps her understand their strengths and barriers in care and management. Rita's goal as a provider is to build great rapport and trust with her patients and allow her to be a part of their care plans and decision making in healthcare.

Schedule an appointment at your local Health & Wellness Clinic today! Call 877.877.7981 or use the QR code below to visit our appointment portal.

Message from the Health & Wellness Clinics

Summertime is many peoples favorite season of the year. The warmer temperatures bring forth seasonal activities and with many people being on summer break, it allows time to get together with friends and family. Here are some tips to help keep you safe and active this summer.

- **Enjoy fresh seasonal produce** by visiting your local farmer market!
- **Enjoy a dip in lakes and pools** as a way to cool down. Apply sunscreen!
- **Avoid areas with high insect activity** especially during dawn and dusk when they are most active. Apply insect repellent with DEET.
- **Summer activities can throw our routines off**, but it is important to get 7-9 hours of sleep every night.
- **Stay active by working out** in the early morning or late evening. Stay hydrated by drinking plenty of water before, during, and after.



Visit ua.clinic

Treatment Cost Estimator Tool

Introducing an invaluable resource for health plan members! Now you can easily obtain estimates for the total cost and out-of-pocket expenses associated with common in-network medical treatments and services.

To begin, simply create an account at blueshieldca.com. Don't forget to have your member ID # handy, as it will help match the tool with your specific health plan, ensuring the accuracy of your estimate. Once logged in, you'll gain immediate access to the treatment cost estimator, providing you with the information you need at your fingertips.

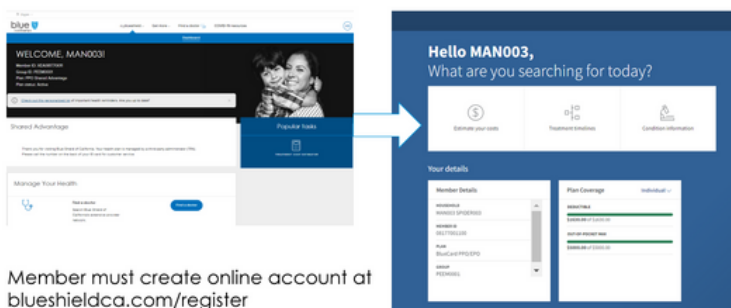
The following options are available:

- Estimate your Costs
- Treatment Timelines*
- Condition Information*

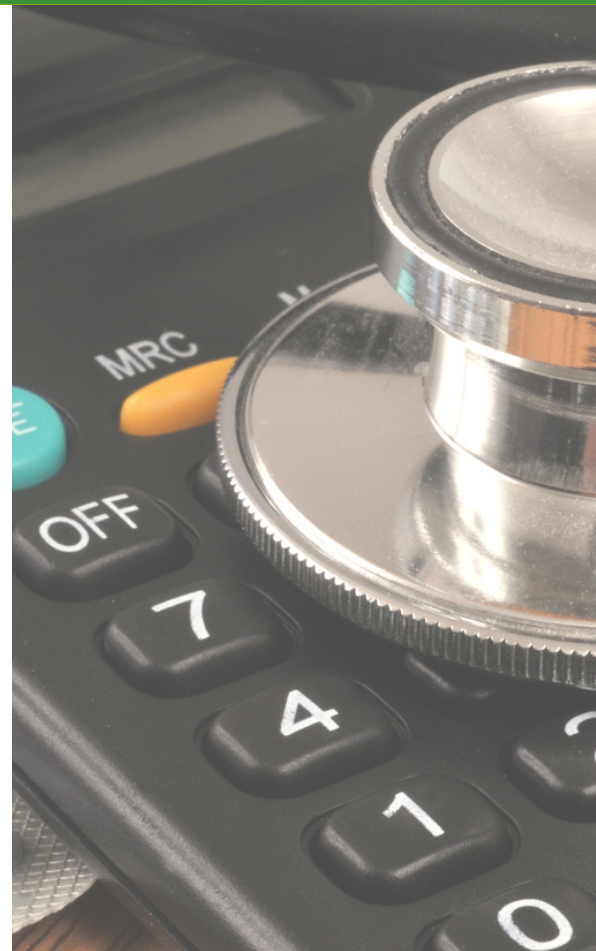
Take control of your healthcare expenses with this user-friendly tool, designed to empower you to make informed decisions about your medical treatments and services. Discover the financial aspect of your healthcare journey like never before, courtesy of Blue Shield of California. **For more information, visit unitedag.org.**

*This display includes member details and out of pocket and deductible amounts

Accessing Treatment Cost Estimator Tool



Member must create online account at blueshieldca.com/register
Once logged in, there will be a Treatment Cost Estimator Tile, click on this it will take them into the Treatment Cost Estimator Tool.



Recipe from SAIN: Healthy Summer Snack

Ingredients

- Baking pan with wax paper
- 3 cups of chopped strawberries
- ¼ cup monk fruit or stevia
- ¼ cup Tajín chili powder
- Juice of 3 lemons

Preparation

Blend the strawberries, chili powder, sweetener, and lemon juice. On the baking pan with wax paper, empty the mixture, and spread it all over until obtaining a thin layer. Preheat the oven to 80 degrees and bake for 6 hours. Once cooled, cut the desired thickness, roll and enjoy!

Fight the Flu in 2023



Prepare for flu season with a flu shot! As it approaches, it's important to take proactive steps to safeguard your health. Discover your nearest Wellness Center and schedule your appointment* by visiting ua.clinic. Alternatively, find your nearest in-network pharmacy through unitedag.org/pharmacylocator.

If you're 65 years or older, remember that you're eligible for a higher dose available at any local in-network pharmacies. This year's flu shot, the Afluria Quadrivalent, is brought to you by Seqirus and is free from preservatives.

As a UniteAg Member, your organization has access to various services that UnitedAg provides, including [on-site flu shot events](#). The flu shot is recommended for everyone six months and older to prevent contagious respiratory disease, help protect those around you, and aid in faster recovery.

*Flu shots will be available end of September. Please contact your nearest Health & Wellness Clinic for details.

July 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](#)
- [Quick Reference](#)
- [Specialty](#)
- [Prior Authorizations](#)
- [Quantity Limits](#)
- [Step Therapy](#)

For more pharmacy resources, visit our FAQ page at unitedag.org/chs.

Team member spotlight



BANG NGUYEN IT Network Administrator

Bang has enjoyed helping colleagues since 2007 to provide service excellence to UnitedAg's members by ensuring a safe and effective computing environment. He brings his strong problem-solving skills and cool-headed demeanor to the team, and is always eager to share his knowledge with others. On occasions during his time off, he can be found wandering through comic book conventions such as Comic-Con.

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

**Service Hours may vary during observed holidays.*

Network Partners

UnitedAg Health & Wellness Clinics	877.877.7981
Blue Shield of California (Pre-Authorization)	800.541.6652
Blue Shield National Coverage Network (Out-of-State)	800.541.6652
SAIN (Mexico Network)	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
First Dental Health (Dental)	800.334.7244
VSP (Vision)	800.877.7195

HELPFUL LINKS

Health Forums

unitedag.org/healthforums

Member Health Portal

unitedag.org/healthportal

Health & Wellness Clinics

ua.clinic

Network Partner Directories

unitedag.org/networks

Summary Plan Description (SPD)

[English](#) | [Spanish](#)

Summary Plan Description (SPD) For Arizona

[English](#) | [Spanish](#)

UPCOMING EVENTS

OPS Forum: Mexico Benefits with SAIN Medical

[August 25, 2023 10:00 a.m.](#)



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