

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE THREE | MARCH - APRIL 2023

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CMO Message: Healthy Eating



Food is medicine - Yes and no. Yes, proper nutrition has incredible healing properties that can turnaround even the most challenging chronic conditions such as diabetes, hypertension, and even some autoimmune diseases. But food is also culture, how we show affection to one another, source of comfort, part of our identity, and means of celebration. Your eating habits are much more complex than taking tylenol for a headache.

For some people, eating healthier could be as simple as replacing unhealthy choices with healthier ones. We've all heard of someone who lost 20 pounds from just cutting out soda and choosing sparkling water instead. If only it were that easy for everyone! For many others, eating healthier is a constant struggle due to limited time, budget constraints especially with inflation, and the challenges of feeding an entire household.

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Continued: Healthy Eating

To make matters worse, with the countless influencer diets on social media and new scientific articles coming out everyday, trying to figure out the best nutritional approach for yourself is more difficult than ever.

And here's the shocker: healthy eating isn't all about food and beverages. Sleep deprivation, elevated stress, deprioritization of self-care, and substances such as alcohol can all derail your best efforts for healthy eating. Oftentimes, unhealthy eating is not the core problem but rather a symptom of underlying lifestyle issues that need attention.

At UnitedAg, we understand all the complexities of healthy eating and you don't have to figure it out on your own. There is no one-size-fits-all when it comes to nutrition. Your unique metabolism, food sensitivities, health conditions, and preferences are all important in figuring out how to make your diet work for you. Our expert bilingual coaches at our Health & Wellness Centers are available to UnitedAg members at no additional cost, whether you have chronic conditions or just want to optimize your health. Sure, there are many apps out there that can help you count calories and macros, but there's no replacement for having a personal coach who understands you and supports you, step-by-step, in your journey to better health.

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

Join Us Online for Healthchats

Led by our Chief Medical Officer Dr. Rosemary Ku, **HealthChats** is a bi-monthly webinar series designed to help you live your healthiest life.

Join us each month for a 30-minute conversation about the health issues affecting our community, and get tips on how to manage and prevent them.

Healthy Eating
April 20 at 10 am

Mental Health
May 18 at 10 am

Immunizations
August 17 at 10 am

Diabetes Awareness
December 14 at 10 am

To register, visit our website unitedag.org/events

Team member of the month



DANIEL FLORES

Business Analyst

Daniel joined UnitedAg in 2015 as a Group Admin Associate. Under his new role as Business Analyst, he works closely with all departments, conducting research and analysis to create process improvements and find opportunities for automation that will help elevate our service levels and improve our members' experience.

Community Health Forums to Support Members with Chronic Diseases

Living with chronic health conditions can be challenging but you are not alone with UnitedAg! We are launching regional Community Health Forums where members can come together to support one another and share tips, questions, and experiences related to a specific condition. These sessions will be focused on group discussion rather than a formal presentation. Our first Community Health Forum will be focused on diabetes. In order to design these community gatherings to best suit your needs, we'd like to ask you a few questions.

[Click here to take our bilingual survey.](#)

Healthy Recipe: Beet & Avocado Salad

Ingredients

- 3 cooked beets
- 1 avocado
- 1 cup red onion
- 1 tsp rice vinegar (or lemon juice)
- 1 tsp sweet chili sauce
- 1 ½ cup chopped cilantro
- 1 cup chopped mint leaves
- Sea salt
- Ground black pepper
- Optional: Feta cheese



Chop beets into squares or thin slices. Then, cut the red onion into thin slices and the avocados into squares. Set aside. In a large bowl, mix the sweet chili sauce, the vinegar (or lemon juice) and the red onion. Then, add the beets, cilantro and mint and mix lightly.

To serve, top it with the avocado squares and sprinkle with sea salt, black pepper and feta cheese. *Recipe provided by SAIN Medical.*

Meet Our Wellness Team

Erika Nava, MA



Erika has over four years of experience in primary care and family medicine. "One goal I wish to fulfill everyday being a Medical Assistant is to provide the best care possible to patients and to make a difference. One main reason I became a Medical Assistant is because I enjoy helping others and making them feel better."

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.



Visit ua.clinic

Coming to Salinas Valley this Spring: The Ag Health Challenge



We're happy to report that we've concluded our [GetProactive](#) wellness campaign with over **366 annual checkups** completed by members. A round of applause to our participants!

With that, we'd like to announce our upcoming Community Health Fair event on **Sunday, May 21st at Toro Park in Salinas from 11 am to 3 pm**. The purpose of the Ag Health Challenge is to engage with our community and promote a healthy lifestyle.

This event is completely FREE to attend for all members and their families. Guests are welcome to attend for a \$25.00 per person entry fee. During the event, we will be hosting a 3k and 5k walkathon as well as providing complementary health screenings. We encourage you and your employees to participate and consider forming a team for the walkathon.

Register yourself or a team at unitedag.org/agchallenge.

April 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 of the month



DAYNE MILLER

IT Manager

As the IT Manager, Dayne supports all UnitedAg teams by ensuring they have access to the technology and resources they need to assist members. He also works closely with our members and service representatives to create and maintain data connections that make information sharing easier. He's been a part of the UnitedAg team for over 5 years and strives to provide healthcare driven with empathy.

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 |

SPD DISTRIBUTION SURVEY

UnitedAg, as an ERISA Plan, has always provided our members with a Summary Plan Description (SPD) for our plans. In hopes of expediting the distribution of this important document, we'd like your input on which digital mediums you have available for distribution to your employees participating in the health plan.

[Click here to take the survey.](#)

HELPFUL LINKS

[Member Health Portal](#)
unitedag.org/healthportal

[Health & Wellness Clinics](#)
ua.clinic

[Network Partner Directories](#)
unitedag.org/networks

[Summary Plan Description \(SPD\)](#)
[English](#) | [Spanish](#)

[2023 SPD Updates \(Video\)](#)
unitedag.org/spdvideo



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