

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE FOUR | MAY 2023

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CMO Message: Mental Health



One of the biggest misconceptions around mental health is that it only matters if you have a mental “illness.” Poor mental health does not start at a diagnosis. By the time people talk to their healthcare providers about mental health, they are usually already in crisis and have suffered for far too long before getting help.

It doesn't have to be this way.

The World Health Organization defines mental health as “a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” Mental health is not black or white, meaning that you either have a mental health condition or you don't, and good mental health is not defined by the absence of having a diagnosis.

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Continued: Mental Health

We all have the opportunity to improve our mental well-being, regardless of having a diagnosed condition. Checking in with ourselves regularly and small daily activities such as practicing mindfulness, finding time to decompress, getting enough sleep, engaging in regular exercise, eating a healthy diet, and spending quality time with family and friends all support our emotional health. When those aren't enough or if you've experienced a traumatic event, it's imperative to seek professional help as soon as possible. You never have to heal alone.

Although mental well-being is something we should prioritize every day, many people don't. Awareness, stigma, cultural barriers, busy lifestyles, and everyday challenges often get in the way. However, it's important to recognize that good mental health isn't automatic. Just like cardiovascular health, it's something that needs regular attention and strengthening over time. What will you do today to help yourself feel your best?

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 quarterly webinar series designed to help you live your healthiest life.

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

Immunizations
August 17 at 10 am

Diabetes Awareness
November 16 at 10 am

To register, visit our website unitedag.org/healthforums

New Resource! Health Forums

We're excited to launch our community health forums and chats. Our online forums can be incredibly valuable for members seeking information, support, and connections related to their health concerns. Having knowledgeable professionals like Chief Medical Officer Rosemary Ku and Nurse Case Manager Jayne Rodriguez-Hernandez leading the discussions can greatly enhance the quality and reliability of the information shared within the health forums community.



Diabetes & Sleep

🕒 English: June 28 at 11:00 AM | Spanish: June 29 at 5:00 PM

The topic for the first session will be sleep, something we all need more of. In our busy lives, sleep is usually the last priority but it's one of the most important parts of healthy living, especially for people with diabetes. Join us for a lively discussion on how sleep affects all aspects of health and practical strategies to achieve better quality sleep.

English: unitedag.org/healthforums | **Spanish:** unitedag.org/forosdesalud



Healthy Recipe: Asparagus & Strawberry Salad with Feta

Ingredients

- 1 avocado
- 2 splashes of olive oil
- 3 bunches of asparagus
- 4 cups of strawberries
- 100g of feta cheese
- Splash of balsamic vinegar
- Sea salt
- Ground black pepper



Place a fry pan on a medium heat and add a splash of oil. Once hot, place asparagus spears in the pan and cook for about three to five minutes. Cool when cooked. Add another splash of oil to the same pan and then the sliced strawberries. Splash over the balsamic and cook for about two minutes (until slightly caramelized).

Arrange asparagus on a white platter, top with strawberries, sliced avocado and crumbled feta. Finish with freshly ground black pepper and sea salt. Serves 6 (as a side) [Recipe provided by thisnzlife.](#)

Meet Our Wellness Team

Carla Vargas, MA



Carla has over 4 years of experience in primary care/family medicine. "I see the field of healthcare and being a medical assistant as an opportunity to help people. In our community the patients are very grateful with our service and it makes my career more special."

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](#)

Team member spotlight



CHANNY LEE

Group Administration Manager

Channy began her career at UnitedAg in 2000 as a Billing Representative, and has served in several increasingly responsible administrative roles in various departments. She brings to her position strong technical skills and an extensive knowledge of UnitedAg's benefit Administration and processes.

MyStrength by Teladoc

MyStrength, by Teladoc Health, is a flexible and comprehensive digital program for emotional health to help with life’s evolving challenges. From learning activities and guided meditations to skill-building courses to working with a licensed therapist. With myStrength, you get personalized support to build a healthier mind for a stronger you. You deserve to live your best life.

How to Enroll:

You can enroll online or by phone. Use the access code “UnitedAg.”

- Online: Visit myStrength.com/join and answer a few questions about yourself and your health to register. Then, download the myStrength app to log in and get started.
- Phone: Call Member Support at 800.945.4355.



A simple place to start getting support, no matter what your needs are.



Ongoing care that adjusts as your needs evolve.



A clinically based digital assessment so we can create a plan designed just for you.



Teletherapy your way. Connect with a licensed therapist of your choice by appointment and seven days a week from the comfort of home

May 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



PRISCILLA GUTIERREZ

Field Service Representative

Priscilla's strength is her passion to service and assist our member groups and their employees. Her service is well recognized and appreciated by the groups, members and Service Reps that she works with. She empowers our members through knowledge of their benefits and supports them as they navigate their benefits.

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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