

# HEALTHY U

MONTHLY NEWSLETTER

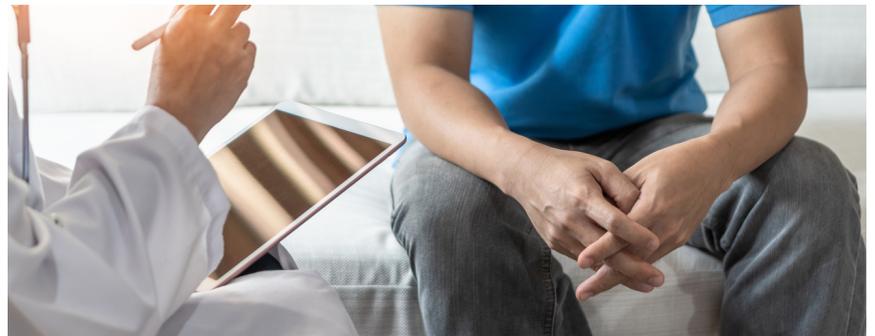
## YOUR HEALTHPLAN news

ISSUE FIVE | JUNE 2023

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## CMO Message: Men's Health



In popular culture, the topic of men's health doesn't extend far beyond the "man cold" stereotype. While these memes of grown men bedridden from simple colds may generate laughs, they also perpetuate two notions: 1) that men complain more when they are sick and 2) they have an exaggerated response because they are almost always healthy.

**These misconceptions about men and health are not only generally inaccurate but also contribute to long-standing health disparities.** The life expectancy of men is roughly 6 years shorter than women and this gap has actually been getting wider over the last decade. The leading causes of death for men continue to be heart disease, cancer, and unintentional injuries. These along with the majority of the the top 10 causes - including suicide, stroke, diabetes, and liver disease - are preventable.

*Continued on page 2*

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## Continued: Men's Health

However, there's no prevention without detection. Compared to women, men are less likely to have a primary care provider and are less likely to have seen any provider in recent years. Fear of finding out that something is wrong, assuming that everything is ok if there are no symptoms, or ignoring ongoing ailments can all hold someone back from getting a wellness exam. Unfortunately in the absence of regular physicals, chronic conditions such as high blood pressure and diabetes can be asymptomatic and go undiagnosed for decades. Tests to screen for cancer are never ordered. And everyday issues like mental health and alcohol consumption are never discussed.

Perhaps the “man cold” isn't just something to laugh at but a spotlight on the need to raise awareness about men's health. Men should probably complain more, especially to their doctors. And it's important to accept that it's ok to not always be healthy - physically and emotionally. Everyone, including men, can do more to prioritize good health. If you aren't sure where to start, call your local healthcare provider today to make an appointment for your annual wellness exam!

Contact Dr. Rosemary Ku | Email [dr.rosemary.ku@unitedag.org](mailto: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](https://unitedag.org/healthforums)

## Register Today for Health Forums

A platform for members to engage in virtual discussions and share valuable insights on effectively managing chronic conditions and adopting a healthy lifestyle.

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.

### Jun 28 & 29 Diabetes & Sleep

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

Our first session topic is **sleep**, something we all need more of, 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 sleep.

**English:** [unitedag.org/healthforums](https://unitedag.org/healthforums) | **Spanish:** [unitedag.org/forosdesalud](https://unitedag.org/forosdesalud)



## Healthy Recipe: Refreshing Pineapple Kale Smoothie

### Ingredients

- 2 cups of kale (no stems)
- 1 cup of frozen pineapple
- 1 large frozen banana
- 3/4 cup of light coconut milk
- 1/2 tablespoon of chia seeds
- 1/2 inch fresh peeled ginger



In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more milk to thin the smoothie and blend again. Serves 1.

### Nutrition

Serving: 1 serving	Protein: 8.3g	Fiber: 12.7g
Calories: 398kcal	Fat: 15g	Sugar: 35.2g
Carbohydrates: 65.6g	Saturated Fat: 9.4g	

*Recipe provided by [Ambitious Kitchen](#).*

## Meet Our Wellness Team

*Diana Hoang, PA*



Diana's favorite part of being a provider is being able to help patients work towards leading healthier lives and being there to support them through life changes. She is glad to be focusing on primary care in order to provide follow up and continuity of care for her patients. **Come meet her at our Chico Health & Wellness Clinic during your next visit.**

**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](https://ua.clinic)**

## Team member spotlight



## MICKAYLA LA BREE

Executive Communications Specialist

Mickayla La Bree has been an invaluable Executive Communications Specialist at UnitedAg since 2017. Her expertise, dedication, and ability to navigate complex dynamics contribute to effective communication channels between executives, members, and internal teams. Mickayla's commitment to excellence in all that she does has earned her the respect of her colleagues, making her an integral part of UnitedAg's success.

## Livongo by Teladoc Health

Livongo offers a modern diabetes management program that comes at no cost to you. The program provides several benefits, **including an advanced blood glucose meter, unlimited strips and lancets, personalized insights, one-on-one coaching, and guidance on healthy habits.** With Livongo, you can stay on top of your health effortlessly. Additionally, you can receive on-demand coaching to assist you in managing your diabetes effectively. Livongo's commitment to real people and real results is evident through its satisfied members, with over 700,000 individuals benefiting from worry-free diabetes management thanks to Livongo.

Get started\* by visiting [Join.Livongo.com/UNITEDAG](https://Join.Livongo.com/UNITEDAG)

**Diabetes  
management  
simplified**



\*To qualify for this program, you must be diagnosed as diabetic or prediabetic by a licensed health provider. Diabetes management services are not available to HSA plan members.

## June 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](https://unitedag.org/chs).

Team member spotlight



### MOHAMMED KANPURWALA

Sr. Underwriting Consultant

Mohammed has over 33 years of health insurance underwriting experience, including 2 years at UnitedAg. He possesses strong analytical skills and is highly regarded for his expertise in the field. His colleagues rely on his extensive knowledge and support, recognizing him as a valuable asset in health insurance underwriting.

# 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

*\*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

**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)

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

**2023 SPD Updates (Video)**  
[unitedag.org/spdvideo](https://unitedag.org/spdvideo)

## UPCOMING EVENTS

**Member OPS Forum: Flu Shot Events**  
[Jul 13, 2023 10:00 a.m.](#)

**Maximize Your Membership with UnitedAg**  
[Jul 12, 2023 11:00 a.m.](#)



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## YOUR HEALTHPLAN news

### EDITORS & CONTRIBUTORS

#### EDITORS

Maribel Ochoa  
Director, Communications & Membership

Jessica Lopez  
Communications Coordinator

Evelyn Mendoza  
Communications Associate

Richard Tran  
Production Artist

#### CONTRIBUTORS

Kirti Mutatkar  
President & CEO

Dr. Rosemary Ku  
Chief Medical Officer

Elite Medical Wellness

Teladoc Health