

# HEALTHY U

MONTHLY NEWSLETTER

# YOUR HEALTHPLAN news

ISSUE SEVEN | AUGUST 2023

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### CMO Message: Immunizations



On the topic of preventive health, lifestyle behaviors like nutrition and exercise, and cancer screenings are usually top of mind. However, vaccines are one of the most important but often overlooked components of preventive health. Immunizations don't just keep you safe from viruses and bacteria, but they can also prevent cancer in the case of the human papillomavirus (HPV) vaccine and stop the spread of infectious diseases in your family and community.

While most of us associate vaccinations with childhood, there are several vaccines that adults need to stay up to date on. The ones that are generally recommended include flu, Tdap (tetanus, diphtheria, pertussis), pneumococcal, shingles, and HPV. Adults may also need MMR (measles, mumps, rubella), varicella, and hepatitis B vaccines if they weren't completed earlier in life.

*Continued on page 2*

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## Continued: Immunizations

Additional vaccines such as meningococcal and haemophilus influenzae type b (Hib) may be recommended based on individual circumstances. Although the flu vaccine is recommended each year, the timing of other vaccines may depend on your age, health history, and exposure risk.

While the worst of the pandemic is behind us, it's still important to make sure you are up to date with your COVID-19 booster. Everyone 6 months and older should receive at least one updated bivalent booster and a second bivalent booster may be appropriate for people 65 years and older or who have certain health conditions. If you have not received the bivalent booster or are unsure if you need a second one, talk to your provider to learn more.

Lastly, don't forget about planning for travel vaccines if you'll be visiting a foreign country. Once your travel plans are in place, reach out to your healthcare provider as soon as possible to understand which vaccines and medications you'll need for your trip. You can also review the [CDC's Travelers' Health](#) website for the latest information.

Keeping up with your immunizations is an easy and effective way to stay healthy everyday and especially while traveling abroad. Remember, prevention is always better than cure!

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



**Rosemary Ku, MD/MBA/MPH** is chief medical officer at UnitedAg. Dr. Ku is a practicing physician with dual-board certification in Internal Medicine and Preventive Medicine.

### 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

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.

In case you missed it, the HealthChats is [Now On Demand](#).

#### 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.



## Healthy Recipe: Healthy Peach Cobbler

### Ingredients

- 2 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon xanthan gum
- 1 cup almond flour
- 2 tablespoon arrowroot powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoon coconut oil melted
- 4 tablespoon milk of choice
- 5 cups peaches freshly sliced or canned
- 1/4 cup granulated sweetener of choice
- 2 tablespoon maple syrup agave nectar or honey



Prep Time	Cook Time	Total Time	Serves	Cal per Serving
5 minutes	35 minutes	40 minutes	12	100 kcal

For instructions on how to prepare this dish, please visit [thebigmansworld.com](http://thebigmansworld.com).

## Meet Our Wellness Team



Rosemarie grew up on a very small tropical island, Guam. She loves warm beaches there year-round. Rosemarie loves traveling and experiencing the local food and different cultures. Rosemarie finds it rewarding to serve as a provider. She enjoys helping in making healthy decisions and providing quality health care to the community. Before finishing her education, Rosemarie worked at a hospital as a volunteer “Pink Lady” and ED admission tech. She also worked as an RN at the same hospital. As a provider, her goal is to work with her patients as a team in making decisions towards good health so that they're able to live their life to the fullest.

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



**SAVE THE DATE**

 **unitedag**  
Presents

**CONNECT**  
44th Annual Meeting  
& Conference

April 10 - 11, 2024  
The Meritage Resort & Spa  
Napa, California

## Message from the Health & Wellness Clinics: This Back to School Protect your child from certain bacteria...

It's time to plan for getting your children's immunization records and physical exams up to date for the upcoming school year. As a public health measure, most states require all school children to submit a record of having had a physical evaluation.

Back to school means back to the doctor. The yearly physical is the most important doctor's visit of the year to evaluate your child's overall health. Annual physicals are more comprehensive than a regular checkup. Even if your child had a sports physical for summer sports, don't skip the back to school physical. Your child still needs a full physical to evaluate their overall health.

An annual check up is very important for your child's growth and development. Taking your child to get these yearly vaccinations helps not only your child to build up their immunity, but helps you stay informed about your child's history of past illness, injuries, or immunization records.



Take for instance, if you are unsure or unaware if your child has asthma, your local facility can help evaluate them and manage a plan to ensure your child's asthma is under control during the school year. It is helpful to have everything that your child was previously tested for on record, so your child doesn't have to be evaluated for the same thing yearly.

Vaccines are necessary for several reasons. Vaccinations help protect you and your loved ones from life threatening diseases that can have unfortunate long-term effects. Although not all of us will meet some of these life-threatening diseases, we should still take the extra safety precautions. When getting vaccinated, think of the things you're doing for others. You are not only protecting yourself, but those as well who are at high risk of getting sick.

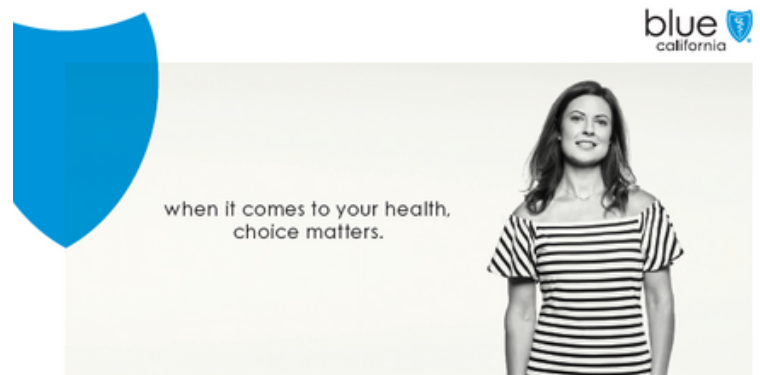
If you have not yet been vaccinated, would like to schedule a checkup, or need to get your children immunized, contact our clinic and schedule an appointment. [Visit ua.clinic](http://ua.clinic)

## 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](http://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.

For more information, visit [unitedag.org](http://unitedag.org).



Access the **Treatment Cost Estimator** using your online account for your PPO plan

We know that cost is an important factor when you're facing healthcare decisions.

The Treatment Cost Estimator tool can help you have more control over your healthcare costs. You and your family can compare costs for more than 1,600 procedures and treatments between different hospitals and surgical centers. Plus, you can get an idea of how long your treatment time will be.

## SAIN August Awareness Month Against Psoriasis

Every August the goal is to raise awareness among the population about psoriasis, and the physical and psychological effects of suffering from it. In the United States more than 8 million people live with psoriasis and in Mexico it is estimated that more than 1 million 400 thousand people could suffer from it.

Psoriasis is a non-contagious autoimmune disease, for which there is no treatment that can completely eliminate it. It usually presents as red, scaly skin lesions. This condition could emotionally affect the person who suffers from it, making it difficult for them to lead a normal life in the social, work environment and when carrying out daily activities due to itching and pain.

This summer, psoriasis sufferers are invited to show off their skin. his summer can be very beneficial for those who suffer from it, since many people have noticed improvement when they sunbathe moderately, have contact with water and take baths with seawater.



Applying an ointment that contains aloe vera can help to improve the discomfort, since this condition can become painful. Also having a healthy diet, staying active and doing relaxation exercises will help to raise your spirits.

For a better orientation and a better treatment consult a dermatologist, if you want to coordinate an appointment contact us at the SAIN offices, we will gladly help you.

Source: [psoriasis.org](https://psoriasis.org)



### Causes

-   
**Genetics**
-   
**Alcohol consumption**
-   
**Tobacco use**
-   
**Skin lesions**
-   
**Stress**
-   
**Sunburn on the skin**

### Skincare

-   
**Healthy life style**
-   
**Moderate sun exposure**
-   
**Consult a dermatologist**
-   
**Apply ointment to improve discomfort**

## Fight the Flu in 2023

There is still time to sign up to host an Onsite Flu Shot & Health Screening Event.



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](http://ua.clinic). Alternatively, find your nearest in-network pharmacy through [unitedag.org/pharmacylocator](http://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.

## August 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](http://unitedag.org/chs).

Team Member Spotlight



### RICHARD TRAN

Production Artist

Since 2007, As a Production Artist, Richard plays a key role in the process of creating and effectively communicating the UnitedAg brand, its benefits and services to various audiences. His primary focus is on educating, inspiring, and engaging members, service representatives, and the agricultural community.

# 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

### Health Forums

[unitedag.org/healthforums](https://unitedag.org/healthforums)

### 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)

### Quick Guide

[unitedag.org/quickguide](https://unitedag.org/quickguide)

### 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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