

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

EIGHT ISSUE | SEPTEMBER 2023

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CMO Message: Ovarian Health



Screenings for breast and cervical cancer often take center stage in women’s preventive health, but there needs to be greater awareness of two life-changing conditions that affect the ovaries: ovarian cancer and polycystic ovary syndrome (PCOS).

Like other cancers, early diagnosis and treatment are key to beating ovarian cancer. However, unlike breast and cervical cancer, there is no general screening for ovarian cancer for women who don’t have symptoms or known genetic risk factors. Therefore, catching ovarian cancer early hinges entirely on noticing symptoms and informing your healthcare provider of any cancer that runs in your family. To further complicate matters, the symptoms of ovarian cancer can be easily misattributed to other conditions and ignored for too long. Those symptoms include abnormal vaginal bleeding or discharge; discomfort in your pelvis, abdomen, or back; bloating or feeling full too quickly; and change

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Continued: Ovarian Health

in urination or bowel movements. If you have any of these symptoms or a personal or family history of cancer, talk to your provider so you understand why you are feeling that way and whether you might need additional tests.

PCOS is a hormonal condition that affects nearly 1 in 8 women in the US and is one of the most common causes of infertility. Many women discover they have PCOS when they are having trouble getting pregnant but the majority go undiagnosed. Even if you aren't planning for pregnancy, PCOS can still have a big health impact by causing irregular or absent periods, excessive hair on the face or body, abdominal weight gain, and hair thinning. PCOS also increases a woman's risk of diabetes, hypertension, abnormal cholesterol, heart disease, and endometrial cancer. While there is no cure for PCOS, lifestyle changes and medications can help reduce the symptoms.

Don't assume that dealing with difficult periods or changes in your weight or hair are just a normal part of being a woman. You know your body better than anyone else and putting off talking to your doctor about how you feel could put your health at risk. If you would like assistance connecting with a healthcare provider that specializes in women's health, don't hesitate to reach out to Member Services and we'll make sure you get the care you need right away.

Contact Dr. Rosemary Ku | Email 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.

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



JERRY ZARATE

Facilities & Inventory Specialist

Since 2015, Jerry has served as the Facilities & Inventory Specialist, playing a key role in maintaining seamless day-to-day operations at UnitedAg. He oversees the facility's upkeep and ensures that all staff have the necessary tools to excel in their roles. Jerry's passion for his work is evident, and he lends a hand wherever he's needed. What he enjoys most is the dynamic nature of his job, where each day brings something new and different.

Healthy Recipe: Berry Lemonade

Ingredients

- 1 cup raspberries
- ½ cup lemon juice
- 1 tbsp of stevia
- Mineral water
- Ice Lemon slices
- Rosemary
- Raspberries



In a bowl add the raspberries and mash them with the help of a fork until they are pureed, strain the puree into a glass, and reserve the juice. If we have a cocktail shaker or in a glass we add the raspberry juice, the lemon juice, the stevia, and the ice. Mix well, serve in a cup or glass with ice, and add mineral water. We can decorate with lemon slices, a rosemary wand, and raspberries. Cheers!

Source: [winestyletravel](https://winestyletravel.com)

Meet Our Wellness Team



Jennifer is a dedicated Field Operations Manager and Licensed Vocational Nurse (LVN) with a passion for making a positive impact in healthcare. Her journey began in the sunny city of Anaheim, but Jennifer found her true roots in the charming town of Woodlake, where she spent most of her childhood years. Education has always been Jennifer's priority, and she earned her associate in science degree and her LVN license to pursue her dream of helping others. While Jennifer's professional life is rewarding, her heart belongs to her two amazing children— William and Iris. She cherishes every moment spent with them and takes joy in creating memorable experiences that enrich their lives. Jennifer proudly serves as a part of the Elite team, where she has dedicated over three years to fostering excellence in healthcare services. Her journey doesn't end here; Jennifer is determined to further her education and work towards becoming a Registered Nurse (RN).

SAVE THE DATE

 **unitedag**
Presents

CONNECT
44th Annual Meeting
& Conference

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

SAIN Launches New Website

Servicios Agrupados Integrales also known as SAIN recently launched a new website which provides a friendly user interface and new online chat feature. We encourage you to visit the website to become familiar with the new enhancements. For more information visit <https://sainmedical.com/>.

The screenshot shows the SAIN website homepage. At the top, there is a navigation menu with links for 'About Us', 'Services', 'Be Healthy Blog', 'Locations', 'FAQ', and 'Contact'. A 'DIRECTORY' button is also visible. The main image is a photograph of the SAIN building, a modern structure with a white facade and a prominent blue geometric lattice facade. Below the image, there are three main sections: 'Opening Hours' (Monday - Friday, 8.00 - 18.00), 'Get in Touch' (phone number (653) 536-7800, location: Headquarters in San Luis RC, México), and a chat widget with the text 'We respond in business hours' and 'Enter your message...'. A blue chat icon with a red notification bubble containing the number '1' is also present.

MINDFUL EATING CYCLE



MINDFUL VS MINDLESS EATING

Mindful Eating	Mindless Eating
Acknowledge food as nourishment	Use food as reward, punishment, or tool
Approach food preferences and selection without judgment	Label foods as "good" or "bad" and restrict choices
Recognize physical hunger cues	Wait until you're starving before eating or eating when not hungry
Connect with food while eating by disconnecting electronics	Eat while watching TV, using phone, or working on computer
Select and prepare food considering its origin	Select and purchase overly processed food
Honor fullness cues and stop eating once satisfied	Ignore fullness cues and continue eating until stuffed

Long covid



Even months or years after having had COVID-19, some people continue to experience different symptoms as a result of the virus. Just to mention a few:



Brain fog, memory loss



Fatigue



Difficulty breathing



Stomach problems



Headache and muscle pain, lack of concentration



Heart problems



Hair loss



Insomnia



Depression and anxiety

Even though there is no specific treatment for prolonged COVID-19 and people manifest symptoms differently, there are, though, several at-home tips that can alleviate some of the symptoms:



Eating a healthy diet, for example, a mediterranean diet



Exercising, like yoga, pilates or walking



Make notes of the most important things in your daily life



Stimulate your brain by learning something new



Unwind by reading or enjoying a cup of tea before bedtime



For assistance from a medical professional, contact us at +52-653-536-7800 or send us an email at info@sainmedical.com. We will gladly help coordinate an appointment.

Source: bhf, cdc



Brianna is proud to say she has been a part of the Elite Medical team for over five years. Currently, you'll find Brianna in the Field Operations Department, where she brings a strong work ethic and a genuine passion for excellence to the table. Brianna has been actively seeking out opportunities to broaden her knowledge across different departments, all in the spirit of being a reliable team player for her colleagues. Outside of work, Brianna's heart belongs to her husband and their two furry companions. Spending quality time with them is where she finds her true joy and balance.

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

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. 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.

September 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



SARAH ROGERS

Legal and Compliance Specialist

Joining the team in 2021, Sarah started her career path as a Legal Assistant with the goal of helping the General Counsel organize and strategize more effective Legal processes. Now as the Legal and Compliance Specialist she works to continually innovate efficiencies within the Legal department as well as try to create an open, welcoming, and transparent relationship between Legal and the rest of team, while also having the opportunity to assist with a wide variety of cross-departmental projects.

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

Quick Guide

unitedag.org/quickguide

Summary Plan Description (SPD)

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

Summary Plan Description (SPD) For Arizona

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

UPCOMING EVENTS

OPS Forum: AEF Updates

[October 5, 2023 10:00 a.m.](#)



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YOUR HEALTHPLAN news

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