

HEALTHY U

MONTHLY NEWSLETTER

HEALTHCARE

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ISSUE ELEVEN | DECEMBER 2023

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CMO Message: How AI Reshaped Our Year: Reflections, Values, and a Healthy Future Ahead



As I reflect on the past year, it seemed like all eyes and ears were focused on AI. The concept of AI is certainly not new but society finally got a taste of what an “AI forward” life could be like with the rise of ChatGPT.

It wasn't just a passing trend but one that has permeated many aspects of daily life. What was once relegated to backend software systems, AI has made it to the forefront of our digital user experience. From being the first thing you see when you perform a Google search to providing a pithy summary of thousands of reviews when you are shopping on Amazon, AI is making its way everywhere. Even schools have resorted to using AI to detect cheating on assignments with AI.

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Continued: How AI Reshaped Our Year

During times like these when technology is taking a big step forward, it's imperative to double down on our values. It should be our values that shape technology, not the other way around.

Over the last year at UnitedAg, our focus on launching Health Forums to build communities around chronic conditions, strengthening our connection with members, and reimagining a better care experience in the future all exemplify our core value of relationship. Better health begins with one member at a time and no amount of technology will ever change that for us.

Our membership inspires us everyday to develop new programs and services to better serve agriculture. 2023 was an incredible year of growth for UnitedAg and none of it would have been possible without our members and employers. Thank you for trusting us with your health. From all of us at UnitedAg, we hope you have a joyous holiday season and we look forward to reconnecting in the New Year!

Given that January is a popular time to set health and weight loss goals, our first HealthChats next year will be on the newest GLP-1 weight loss drugs. Fueled by celebrity users and social media, these drugs have taken the healthcare industry by storm. We'll be discussing current clinical indications for these drugs, potential side effects, and factors to consider before taking them. Keep an eye out for details on how to register for this session in the coming weeks!



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.

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

Samanta Rios, MA



As the oldest daughter of immigrant parents, Samanta developed a passion and devotion to help make any patient. She believes health care should be accessible to anyone in need of it. Her favorite part of being an MA is getting to know all of her patients and building a trustworthy relationship with them. Samanta is committed to making sure her patients feel respected, heard, and cared for.

Team Member Spotlight



JAN MACALINAO

EDI Technician

Jan has been a part of the IT team since 2022. As an EDI Technician, Jan is responsible for the maintenance of EDI feeds - serving as the primary link with external vendors, analyzing and auditing the data exchanged with any partners, and providing technical expertise and support for EDI communications. His main focus is in ensuring members have the access to care they need: in both supporting the e-claims that are received and processed by the trust, and in their healthcare eligibility that is kept up-to-date interdepartmentally.

5 Tips for Striking a Balance With Alcohol During the Holidays

Dr. Nicole Stelter shares ways to keep our relationship with alcohol joyous this holiday season.

If you are trying to strike a balance with alcohol consumption over the holiday season, here are a few tips to consider:

1. Plan ahead and set a party (or drink) limit

Overcommitting to parties and other holiday activities is an easy trap to fall into if we're trying to do everything and please everyone. This isn't realistic, and there will be times when you should say "no," especially if you want to limit your consumption and are wary of certain events or people who encourage you to over-imbibe. Consider setting a drink limit for yourself and make sure to rotate in a water or non-alcoholic beverage after every alcoholic drink to avoid going over that limit.

2. Find a holiday buddy

Create a "buddy system" during the holidays with someone you trust. Whether you want to set boundaries around alcohol consumption ahead of parties or need support going into a stressful day with family, having a partner (i.e., spouse, sibling, friend, coworker) to talk things through ahead of time and set healthy boundaries can be key.

[Click here to read more.](#)



Wash Your Hands for a Healthy Holiday Season!



With the holiday season upon us, we extend warm wishes for joy and good health! As we celebrate and come together with family and friends, it's important to prioritize our well-being. One simple yet powerful practice that often gets overlooked amid the festivities is hand hygiene. [Click Here to Read More.](#)



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Better Together

We're committed to providing the best, most affordable, innovative, benefits and services for agriculture. Becoming a member of UnitedAg is an investment in your company's future by providing reliable resources for your workforce and making sure you receive high quality benefits at competitive pricing. Don't take our word for it. Join UnitedAg and take advantage of the benefits and services we have to offer.

Join Today

For more information about our benefits and health plan offerings, contact the UnitedAg membership team at **800.223.4590** or email **membership@unitedag.org**.

UnitedAg Holiday Hours

Friday, December 22	8:00 am - 2:00 pm
Saturday, December 23	7:00 am - 3:30 pm
Monday, December 25 - Christmas Day	Closed
Monday, January 1 - New Year's Day	Closed

Wellness Clinic Holiday Schedules

Monday, December 25 - Christmas Day	Closed
Monday, January 1 - New Year's Day	Closed

