

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE ONE | JANUARY 2024

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CMO Message: New Beginnings for 2024

Welcome to the New Year! After all the indulgent holiday festivities, January brings an air of freshness and opportunity. You have an entire 12 months (plus February 29th) to shape this year to be whatever you want it to be. No matter what happened in 2023, 2024 is a new beginning. As the saying goes...New Year, New You.

But what is the “You” you want to create? New Year’s resolutions often focus on the “You” that others can observe such as your body weight, how you dress and accessorize yourself, and new hobbies. These resolutions tend to center on actions - I will travel to 3 different countries, I will walk 10,000 steps a day, I will make more time for self-care. When these outward-facing goals and actions don’t stick,

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Continued: New Beginnings for 2024

it's natural to feel defeated. By the time December rolls around, you realize that you are just the same old "You"...again.

Instead of focusing on what you are going to do in the New Year, try focusing on the person you want to be. What is the identity of your new "You"? Perhaps that identity is someone who is healthy, emotionally strong, more social, or productive. Personal identities such as being a good parent or CrossFit enthusiast are much more steadfast than a set of arbitrary goals and inform everyday decisions about what you do and how you act. As a parent, you don't hem and haw about whether you should pick up your child from school. You just do it. Similarly, if you decide that you want to be a healthy person, getting your annual physical is non-negotiable. It's just part of what you do to be healthy. By focusing on embodying the identity you choose, you might find that the new "You" is just plain you by next December. **Click here** to read more.



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

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: Sleep
April 18 at 10 am

BECOME THE BEST YOU BY GETTING YOUR ANNUAL CHECKUP

B PROACTIVE
E About Your Health



**DON'T WAIT! THE
CAMPAIGN ENDS
APRIL 30TH**



All members who schedule their annual checkup appointment at our Health and Wellness Centers will receive a gift bag filled with UnitedAg Swag.

Annual Checkups provide an important baseline measurement for your health and helps you understand the risk of developing chronic conditions before symptoms are present, so you can be **PROACTIVE** and **TAKE ACTION**.

Participate in the challenge by scheduling your appointment online at ua.clinic or call **877.877.7981**.

Virtual Primary Care with UnitedAg

Virtual primary care provides many advantages for UnitedAg members. It offers convenience and accessibility, enabling members to receive medical care from home or remote locations. This reduces travel time and wait times for appointments and members with chronic conditions benefit from regular check-ins, and are cost effective. Remote monitoring and member empowerment are also notable benefits. However, it's essential to remember that virtual healthcare may not be suitable for all medical situations, and its effectiveness depends on individual needs and conditions. [Click here to learn more.](#)

Virtual Care visit hours: Monday - Friday from 8:00 am - 5:00 pm.
Service hours are subject to change.

Schedule your visit at ua.clinic or call **877.877.7981**.



Meet Our Wellness Team

Suyang Zhou, PA



Suyang has over four years of experience in primary care/family medicine. His goal is to treat illness using evidence-based medicine. However, his practice style is collaborative, as he believes each patient is unique, requiring personalized care to achieve their health goals. When Suyang isn't busy, he likes to travel, spend time with family, and play basketball.

To schedule an appointment **877.877.7981** or use the QR code below to visit our appointment portal.



Visit ua.clinic

Team Member Spotlight



JUSTIN SOSNOWSKI Underwriting Consultant

Justin joined the Underwriting team in 2021. He has over 15 years of experience in Underwriting and Claims Reporting. He works with New Business and strives to make a positive impact in the agriculture industry and the community we serve while working with the internal Sales team and Service Representatives. His goal is to be member-orientated and create a positive experience for groups new to UnitedAg.

Dry January



What is dry January? It's the Alcohol Change Initiative a UK organization launched with the purpose of starting a month without consuming alcohol and for this to be a start to a healthier lifestyle.

Why January? As this month is after the holidays, we know that many consumed more alcohol than normal because of all the Holiday Festivities celebrated with friends and family. Starting the Alcohol Change initiative in January is an excellent option to start the year because it will help detoxify the body and mind.

As we age, we must be more careful with alcohol consumption, since we begin to lose muscle mass, bodyfat increases and our bodies have less water, which is what helps metabolize the alcohol we consume. Excess alcohol can damage the liver, cause heart problems and weaken the immune system. [Click Here](#) to read more.

January 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](#)
- [Generic vs Brand Names](#)

For more pharmacy resources, visit our FAQ page at unitedag.org/chs.

Team Member Spotlight



HODA AFSHARI

Accounting Manager

Hoda joined UnitedAg's Accounting department in February 2020. Her extensive experience is matched only by her unbridled passion for the field. As the driving force behind the establishment of accounting functions, she flawlessly oversees daily operations and ensures that closings are not only accurate but also completed in record time. Hoda takes charge of developing and implementing cutting-edge systems for collecting, analyzing, verifying, and reporting financial information, all while expertly leading a team of highly skilled accounting professionals.



Health
Solutions

\$0 Copay on Generic Meds When Dispensed at Costco Pharmacies

Starting the new year, UnitedAg Trust (UABT) participants will be able to access Tier 1 generic drugs for \$0 copay at all retail Costco Pharmacies. Conveniently order your prescriptions via the Costco app or through their hassle free text message refill reminders.

Specialty generics are not included. This benefit does not apply at Costco Mail Order or Costco Specialty pharmacies.

HSA plan members will pay \$9 per 30-day supply. A \$0 generic prescription fee will apply to HSA plan members after the annual deductible is met.

Call your local Costco Pharmacy to transfer your prescriptions and start saving today!

Spring Health

We are excited to announce our partnership with [Spring Health](#), a comprehensive mental health solution available whenever and wherever its needed.

Starting 2/1, United Agricultural Benefit Trust (UABT) health plan participants will now have access to Spring Health. Whether you're looking to reduce stress and anxiety, improve sleep, strengthen relationships, or cope with life's challenges, Spring Health can help. You can start feeling better quickly with fast access to quality care, convenient appointment options, and helpful guidance and resources.

*Disclaimer -Spring Health will be available to HSA plan members. However, in accordance to plan guidelines, HSA plan participants must pay the visit fees until the plan deductible has been met. After the deductible is met, applicable plan cost sharing will apply until the maximum out of pocket cost is met. Some exceptions may apply. Contact the UnitedAg Member Services department at 800.223.4590 for more details.

[Click Here](#) for more info.



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 (Outside CA)	800.541.6652
SAIN (Outside U.S.)	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](#)



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