

# HEALTHY U

MONTHLY NEWSLETTER

HEALTHCARE

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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.

From all of us at UnitedAg, we wish you a happy, healthy, and abundant New Year! January is a great time to reassess your health and get help to become the healthiest version of yourself. Our wide range of resources from 1:1 health coaching through our Health & Wellness Clinics, Livongo for diabetes, and expanded mental health services are available to support you. Call Member Services today and we'll get you to all the care you need.



**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](mailto:dr.rosemary.ku@unitedag.org)

## 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](https://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. [Click Here to read more.](#)

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.



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