

HEALTHY U

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MONTHLY NEWSLETTER

YOUR HEALTHPLAN DEWYS

ISSUE TWO | FEBRUARY 2024

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Member Resources & Helpful Links Spring Health

Personalized mental health support.



Your mental health network just got stronger

What is Spring Health?

Spring Health is a benefit offering easy access to convenient, personalized mental health support. United Agricultural Benefit Trust offers Spring Health to support you through any of life's challenges.

Who can access Spring Health?

Starting February 1st, United Agricultural Benefit Trust plan participants can access (10) visits annually with zero cost share. After the first ten (10) visits have been utilized, plan copays, coinsurance and deductibles will apply. Please note, medical necessity applies to ALL visits. 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. Additional exclusions may apply, please refer to your plan benefits for more information. United Agricultural Benefit Trust offers Spring Health therapy an in-network rate to participants enrolled in the United Agricultural Benefit Trust (UABT).

How can I access Spring Health?

Get started online at <u>care.springhealth.com/register</u> or download the Spring Health mobile app (available for from the App Store or Google Play). For questions or support, visit <u>springhealth.com/support</u> or call 1-855-629-0554.

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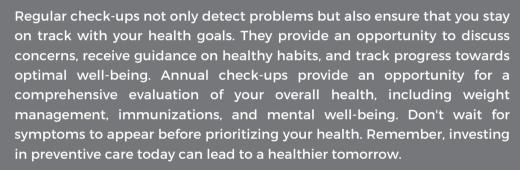






WELLNESS CHECK-UP

Prioritize Your Well-Being: Importance of Health Screenings



Click Here to read more.

February 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
- Specialty
- Prior Authorizations
- Quantity Limits
- Step Therapy
- Generic vs Brand Names

*Please note: Beginning February 2024, the Quick Reference Formulary will no longer be published.

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

BECOME THE BEST YOU BY GETTING YOUR ANNUAL CHECKUP

B PROACTIVE About Your Health



99 EXAMS COMPLETED



5 BENEFITS OF AN ANNUAL CHECKUP

- Establish a personal health baseline
- Learn about chronic disease risk and prevention
- Update your vaccinations and manage your medications
- Get tools to improve your health
- Be the best U!

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

Join us in our effort to have 500 exams completed by the first quarter!

Participate in the challenge by scheduling your appointment online at <u>ua.clinic</u> or call 877.877.7981.



Boost Your Immunity: Strategies for Flu & Cold Season



amidst the flu and cold season. With dropping temperatures and some essential tips to help you stay healthy and ward off the flu and colds:

Click Here to Read More.

Meet Our Wellness Team



Emily Trujillo, a spirited resident of Greenfield, CA, is determined to sharpen her public speaking prowess while pursuing a nursing degree. Beyond her academic pursuits, she finds joy in devouring books. tuning music. into exploring nature's wonders through hiking, and unleashing her culinary creativity through baking and cooking.

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



Visit ua.clinic



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

UnitedAg Trust (UABT) participants can access Tier I 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.

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

6:30 am - 5:30 pm Monday - Friday 7:00 am - 3:30 pm Saturday

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 |
| Spring Health (Mental Health Care) | 855.629.0554 |
| 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



^{*}Service Hours may vary during observed holidays.



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YOUR HEALTHPLAN DEWS

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