

HEALTHY U


MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

ISSUE TWO | FEBRUARY 2024

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Spring Health 

*Personalized
mental health
support.*



Sarah
Help managing anxiety

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

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WELLNESS CHECK-UP

Prioritize Your Well-Being:
Importance of Health Screenings



Regular check-ups not only detect problems but also ensure that you stay on track with your health goals. They provide an opportunity to discuss concerns, receive guidance on healthy habits, and track progress towards optimal well-being. Annual check-ups provide an opportunity for a comprehensive evaluation of your overall health, including weight management, immunizations, and mental well-being. Don't wait for symptoms to appear before prioritizing your health. Remember, investing in preventive care today can lead to a healthier tomorrow.

[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
E 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 ua.clinic or call **877.877.7981**.

Boost Your Immunity: Strategies for Flu & Cold Season



As we step into the new year, it's crucial to prioritize our health, especially amidst the flu and cold season. With dropping temperatures and fluctuating weather, our bodies are more susceptible to illnesses. Here are some essential tips to help you stay healthy and ward off the flu and colds:

- Get Vaccinated
- Practice Good Hygiene
- Boost Your Immune System
- Stay Active
- Avoid Close Contact with Sick Individuals

[Click Here](#) to Read More.

Meet Our Wellness Team

Emily Trujillo, MA



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 into music, exploring nature's wonders through hiking, and unleashing her culinary creativity through baking and cooking.

To schedule an appointment [877.877.7981](tel:877.877.7981) or use the QR code below to visit our appointment portal.



Visit ua.clinic



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

UnitedAg Trust (UABT) participants can 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!

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
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](#)



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