

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN news

ISSUE FOUR | APRIL 2024

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### CMO Message: Sleep



Have you ever wished you were more productive, mentally sharp, or athletic? Do you want to have a better immune system, lower risk of cancer, and a positive attitude? There's actually a silver bullet to accomplish all of these goals. The catch is that it requires 7-9 hours each day. Your silver bullet is quality sleep.

While there can be many challenges in everyday life that stand in the way of getting your zzzz's, perhaps the biggest barrier is our society's mindset around sleep. "Getting by" on little sleep is seen as a badge of honor - a testament of your ability to live an active life and fulfill important responsibilities. Even the term "beauty sleep" suggests that sleep is a luxury and only serves a cosmetic purpose.

[Click Here](#) to read more.

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## Prioritizing Physical Fitness and Regular Check-Ups



Physical fitness is equally important for maintaining good health. Regular physical activity can help prevent chronic diseases, improve mental health, and boost overall well-being. Exercise has been shown to reduce the risk of heart disease, stroke, diabetes, and certain types of cancer. Additionally, physical activity has been proven to improve mood, reduce stress and anxiety, and promote better sleep.

[Click Here](#) to read more.

## April 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: As of February 2024, the Quick Reference Formulary is no longer being published.**

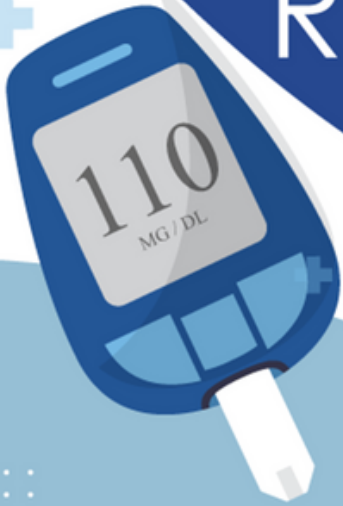
For more pharmacy resources, visit our FAQ page at [unitedag.org/chs](https://unitedag.org/chs).



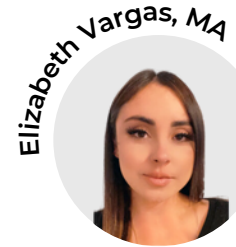
## ANGELA HICKS Senior Auditor

As the senior auditor with 30 years of experience in our industry, Angela's central focus is to ensure UnitedAg meets regulations and generally accepted standards. The auditing team is able to identify problem areas and provide credibility to our processes.

# GLUCOSE REGULATION



## Meet Our Wellness Team



Elizabeth loves helping her patients improve their health. Since a child, Elizabeth has dreamed of helping others, specifically in the medical field. Her goal is to not only prevent health issues from arising, but also to help improve their health overall to live a healthy lifestyle. Elizabeth enjoys making her patients feel safe and secure when it comes to their personal health. She loves connecting with her patients and helping them get a better understanding of their health conditions.

To schedule an appointment, call 877.877.7981 or use the QR code below.



Visit [ua.clinic](https://ua.clinic)

The first step to managing your blood sugar is to understand what makes blood sugar levels rise:

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

[Click Here](#) to read more.

Schedule your virtual visit today at [ua.clinic](https://ua.clinic) or call 877.877.7981.

## Team Member Spotlight



### JUDY MENDEZ

Sr. Plan Builder

As Sr. Plan Builder, Judy codes benefit plans within the claims platform that increases claim accuracy and efficiency with an emphasis on automation. She also provides technical expertise in solving system-related issues as well as providing guidance and suggestions on process improvements and health plan benefit designs to various other departments.





## Virtual Primary Care with UnitedAg



Virtual healthcare, also known as telehealth or telemedicine, is a healthcare delivery model that leverages technology and digital communication tools to provide medical services and consultations remotely. This approach enables members and healthcare providers to interact and exchange information without the need for in-person visits to a healthcare facility.

### How do I schedule a virtual care visit?

Members can easily initiate the process by scheduling a virtual visit through the online appointment portal at [ua.clinic](https://ua.clinic), or by calling the 877.877.7981.

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

**BECOME THE BEST YOU  
BY GETTING YOUR  
ANNUAL CHECKUP**

**B PROACTIVE  
E About Your Health**



**226 EXAMS  
COMPLETED**

Your Annual Checkup provides 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** by April 30th!

Participate in the challenge by scheduling your appointment online at [ua.clinic](https://ua.clinic) or call **877.877.7981**.



Team Member Spotlight



## KAREN WORTH Plan Operations Analyst

As the Plan Operations Analyst, Karen is a subject matter expert on the claim lifecycle. She understands and supports change and innovation, works with internal teams to identify system requirements, works with external vendors to build rapport and exchange ideas for the purpose of achieving goal-oriented strategies. Karen's 30 years of experience in all areas of a MEWA and TPA have provided her with insight to most areas of plan administration and has eagerly offered her assistance when asked.

## Cardiovascular Health: Taking Care of Your Life Engine

In this space, we dedicate ourselves to sharing valuable information and practical tips for maintaining a healthy and strong heart. Our goal is to provide the tools and knowledge necessary to take care of your life engine and enjoy optimal cardiovascular health.

### Why Cardiovascular Health Matters

The heart is the engine that drives life, and taking care of it is essential for our overall well-being. Optimal cardiovascular health not only allows us to live longer, but also to live better. A healthy heart provides the energy and vitality needed to enjoy every moment of life to the fullest.

[Click Here](#) to read more.



## How Do I Access Mental Wellness Benefits through Spring Health?

After a simple sign-up, members access a comprehensive care plan and a list of curated providers to meet their exact needs and goals.

### Clinical Assessment

In just 3-5 minutes, members answer questions that can help identify areas where they might need support.

### Personalized Recommendations

Members receive a care plan based on their goals and assessment results, including a curated list of providers from our diverse network.

### Inclusive Care

Members can quickly browse and schedule appointments with the provider who best fits their needs and preferences - or get started with on-demand digital exercises.

### Dedicated Guidance

Members can meet with their Care Navigator at any time for clinical guidance and emotional support throughout their care.

### How can I access Spring Health?

Get started online at [care.springhealth.com/register](https://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](https://springhealth.com/support) or call 1-855-629-0554.



# 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 <a href="mailto:memberservices@unitedag.org">memberservices@unitedag.org</a>
Member Advocate Service	800.223.4590 <a href="mailto:memberadvocate@unitedag.org">memberadvocate@unitedag.org</a>
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](https://unitedag.org/healthforums)

### Member Health Portal

[unitedag.org/healthportal](https://unitedag.org/healthportal)

### Health & Wellness Clinics

[ua.clinic](https://ua.clinic)

### Network Partner Directories

[unitedag.org/networks](https://unitedag.org/networks)

### Quick Guide

[unitedag.org/quickguide](https://unitedag.org/quickguide)

### Summary Plan Description (SPD)

[English](#) | [Spanish](#)

### Summary Plan Description (SPD) For Arizona

[English](#) | [Spanish](#)



# HEALTHY U

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## YOUR HEALTHPLAN news

### EDITORS & CONTRIBUTORS

#### EDITORS

Maribel Ochoa  
Director, Communications & Membership

Evelyn Mendoza  
Communications Associate

Jessica Lopez  
Communications Coordinator

Richard Tran  
Production Artist

#### CONTRIBUTORS

Dr. Rosemary Ku  
Chief Medical Officer

Elite Medical Wellness

Teladoc Health

SAIN Medical