

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN **news**

ISSUE TEN | OCTOBER 2024

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### CMO Message: Polycystic Ovary Syndrome (PCOS)

Did you know that the leading cause of female infertility goes undiagnosed in 70% of women?

Polycystic ovary syndrome (PCOS) is an endocrine condition where complex hormonal imbalances have profound effects on women's reproductive and metabolic health. The condition can start as early as adolescence and often goes on for decades before being addressed. This needs to change.

The hormonal imbalances of PCOS lead to missed menstrual periods, infertility, and a wide range of symptoms. Some of these symptoms could be frustrating such as weight gain, overgrowth of facial hair, or acne. [Click here](#) to read more.

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## Protect Yourself From Breast Cancer: What to Expect From Your Mammogram

Breast Cancer Awareness Month is a great time to schedule your screening.



People delay preventive care for many reasons: “I’m in good health.” “My family history is just fine.” “It takes too much time to go to the doctor.” Whatever reasons you give yourself, the truth is that preventive care can save lives.

When it comes to breast cancer, preventive screenings are essential — early detection and treatment significantly increase survival rates. Breast cancer is one of the most common forms of cancer, accounting for one in three diagnoses among women, with the majority having no family history. Many people avoid mammograms because they worry about discomfort, or the time and effort involved. While these are understandable, the procedure is quick — about 15-20 minutes total — and the potential lifesaving benefits outweigh the temporary discomfort. Breast Cancer Awareness Month is an important reminder to schedule your mammogram.

Here are some of the most frequently asked questions about mammograms to help you understand what to expect before, during and after the procedure.

### 1. What is a mammogram?

A mammogram is a specialized X-ray imaging test that examines breast tissue for abnormalities, such as lumps, masses, calcium deposits and structural changes. [Click here](#) to read more.

## Upcoming HealthChats

Led by our Chief Medical Officer, Rosemary Ku, helping our members navigate their healthcare journey is at the forefront of UnitedAg. Join us each quarter for our webinar series designed to help you live your healthiest life.

### HealthChats: Polycystic Ovary Syndrome (PCOS)

**October 17 at 10 am**

PCOS is a hormonal condition that affects nearly 1 in 8 women in the US and is one of the most common causes of infertility. Besides troublesome symptoms such as irregular periods and excessive hair growth, PCOS can also increase a woman’s risk for conditions including diabetes and heart disease. However, many women go undiagnosed. Join us for a discussion on the signs of PCOS, diagnosis, and management strategies.

Register Online:

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





Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Breast cancer is a life-threatening illness, but it can also be treatable with early detection and other preventative measures.

Breast cancer is a disease in which breast tissue cells start growing abnormally and uncontrollably..

The most common form of breast cancer is Ductal Carcinoma, which begins with cells in the breast ducts, tubes that carry breast milk to the nipple.

Less common forms of breast cancer include Lobular Carcinoma, which begins in the lobules – tissues that make breast milk – and inflammatory breast cancer, which causes the breast to become red, swollen and abnormally warm. Rare forms of breast cancer include those in other types of cells (such as lymph/blood vessels or connective tissues within the breast) and breast cancer in men.

## Symptoms & Signs of Breast Cancer

**The most common symptoms of breast cancer include:**

- Feeling a lump in the breast area, with or without pain
- Change in breast shape or size • Dimple or puckering in breast
- A nipple turning inward into the breast
- Nipple discharge other than breast milk, especially if it is bloody

[Click here](#) to read more.

## October Pharmacy 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](#)

To download these formularies and access additional pharmacy resources, visit our FAQ page at [unitedag.org/chs](https://unitedag.org/chs).



LEARN MORE AT: [UNITEDAGCONFERENCE.ORG](https://unitedagconference.org)







## THE IMPORTANCE OF GOOD POSTURE FOR YOUR HEALTH



Maintaining proper posture isn't just about looking confident—it's a vital part of your overall health. Poor posture can lead to muscle strain, joint pain, and even digestive issues. Whether you're sitting at a desk or standing on your feet all day, keeping your body aligned can prevent discomfort and long-term problems.

### Why Posture Matters

- Slouching puts unnecessary pressure on your spine, leading to neck and back pain and stiffness.
- Standing or sitting upright opens up your lungs, helping you breathe more efficiently.
- Good posture reduces fatigue by allowing your muscles to work more effectively.

### Tips for Maintaining Good Posture

1. Use a good chair: Try to acquire an adjustable work chair, so your feet lay flat on the floor and your back is upright.
2. Stand tall: When standing, distribute your weight evenly on both feet, and avoid slouching or leaning to one side.
3. Use a lumbar cushion: If you sit for long hours, a cushion can provide additional support to your lower back.
4. Keep screens at eye level: Position your computer screen at eye level to avoid straining your neck.

### Stretching at Work

Sitting or standing for long periods can take a toll on your body. Try these easy stretches to relieve tension:

- Neck Stretch: Slowly tilt your head to each side, holding for 10 seconds to release tension in your neck and shoulders.
- Seated Twist: While sitting, gently twist your upper body to each side to stretch your back.
- Shoulder Shrugs: Raise your shoulders towards your ears, then release. Repeat to ease tension in your shoulders.

Good posture can drastically improve your health and well-being. By practicing simple techniques and incorporating stretches into your daily routine, you can prevent pain and feel more energized throughout the day.

# 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

- HealthChats**  
[www.unitedag.org/healthchats](http://www.unitedag.org/healthchats)
- Member Health Portal**  
[unitedag.org/healthportal](http://unitedag.org/healthportal)
- Health & Wellness Clinics**  
[ua.clinic](http://ua.clinic)
- Network Partner Directories**  
[unitedag.org/networks](http://unitedag.org/networks)
- Quick Guide**  
[unitedag.org/quickguide](http://unitedag.org/quickguide)
- Summary Plan Description (SPD)**  
[English](#) | [Spanish](#)

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## YOUR HEALTHPLAN news

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