

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN **n**ews

ISSUE THREE | MARCH 2025

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**Teladoc**  
HEALTH

### Achieving diabetes remission A1c levels with complete cardiometabolic health support

Written by Dr. Tejaswi Kompala, Head of Cardiometabolic Clinical Strategy, Teladoc Health. For people with diabetes, reaching an A1c goal is more than managing blood sugar levels and reducing the risk of complications. It's about gaining confidence to take charge of your own health today while laying the foundation for long-term well-being. As an endocrinologist, I work with my patients to create A1c goals that pave the way for a healthier future.

Melissa is a great example of how people can take charge of their own health to not only prevent diabetes-related health problems but live a healthier life. Before Melissa enrolled in Teladoc Health for support with her diabetes, her blood sugar was uncontrolled, she struggled with consistent weight loss, her blood pressure was worsening and she felt constantly fatigued. Her goal was to manage her health without medication. With the help of our program, Melissa made important lifestyle changes, especially to her diet, and was able to keep her diabetes in remission.

**[Click here](#)** to read more.

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## Seasonal Headaches & Migraines

**Seasonal Headaches are a common condition that affects many people.**

The onset of autumn and winter can be a nightmare for those who suffer from migraines. This is because many people experience a change in their sleep cycles, diet, and exercise routine due to the change in seasons.

There are a few different ways to help alleviate these headaches. The most important thing is to pay attention to your diet and exercise habits.

It is also important to make sure you are getting enough sleep and that your sleep cycles don't change too much during the year.

**Diet** is one of the most important factors in maintaining a healthy lifestyle. Sometimes when the seasons change so does our diet, this can include eating too much of a particular food group or something that we may be allergic to. Drinking less water can also be a factor.

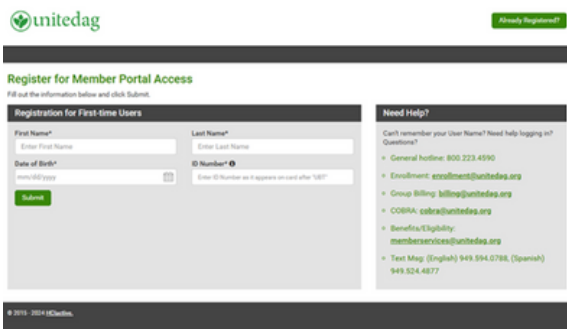
**Exercise** is a great way to boost mood and increase serotonin levels in the brain. Exercise also helps people focus and clear their head. Exercise can be used in the treatment of several pain conditions, including headaches & migraines. Always consult with your healthcare provider first.

**The cold weather** and shorter days can have a negative impact on our sleep patterns. The lack of sunlight in winter can affect our circadian rhythm, which is what regulates our sleep-wake cycle. Keeping a consistent sleep cycle can improve your health in many ways.

Headaches & migraines can also be a sign of something serious or life threatening, this is why it is so important to consult with your healthcare provider if you suffer from regular headaches or migraines.

If you are suffering from headaches or migraines and would like to schedule an appointment, please give us a call at 877.877.7981.

## NEW MEMBER HEALTH PORTAL



Discover UnitedAg's new Health Portal—your one-stop solution for managing health benefits. With a user-friendly interface, the portal provides quick access to your health plan details, claims, and resources, all in one place. Stay connected, informed, and empowered with just a few clicks.

**[Click here](#)** to learn more.



## DOWNLOAD THE BENEFITS CONNECT APP NOW!

### UnitedAg Benefits Connect App

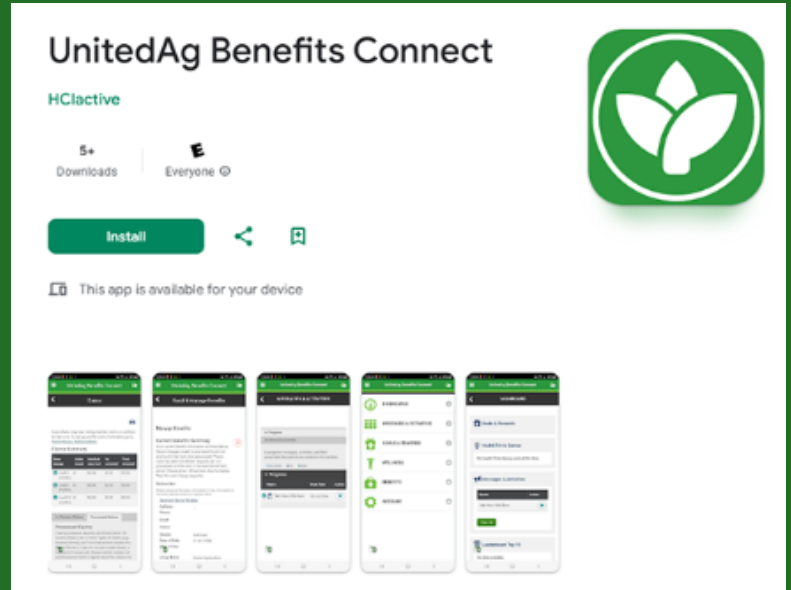
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

#### Apple Devices

[Download from the App Store](#)

#### Android Devices

[Download from the Play Store](#)



If you have questions, contact [enrollment@unitedag.org](mailto:enrollment@unitedag.org).

## REGISTER FOR THE NEW HEALTH PORTAL BETWEEN JANUARY 1ST & MARCH 31ST AND BE ENTERED TO WIN A \$25 VISA GIFT CARD!



Register for the new health benefits portal and be entered into a drawing to win a \$25 Visa gift card. 100 members will be selected. To participate in the drawing, you must register for the new health portal between January 1st through March 31st to be entered in the drawing.

**Contest rules:** Winners must be active participants of the health plan UABT to qualify for the drawing. Winners will be selected April 1st and will be notified via email and phone. [Click here](#) to register.





## National Nutrition Month

March is National Nutrition Month, a time to focus on the importance of making informed food choices and developing healthy eating habits. Whether you're looking to boost your energy levels, maintain a healthy weight, or simply nourish your body with wholesome foods, we've got you covered! Join us in celebrating National Nutrition Month by incorporating these tips, recipes, and resources into your daily routine.

### **Balance is Key**

Aim to include a variety of foods from all food groups in your meals. This ensures you get a wide range of nutrients to support your overall health.

### **Portion Control**

Pay attention to portion sizes to avoid overeating. Use smaller plates and bowls to help control portion sizes.

### **Stay Hydrated**

Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal tea, or infused water instead.

### **Mindful Eating**

Practice mindful eating by slowing down and savoring each bite. This can help prevent overeating and promote better digestion.

### **Include Fruits and Vegetables**

Aim to fill half your plate with fruits and vegetables at each meal. [Click here](#) to read more.

## Join Us Online for Health Chats

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 chat series designed to help you live your healthiest life.

**HealthChats:**  
**Understanding Menopause**  
**& Perimenopause**

**March 27, 2025 10:00 a.m.**

Menopause and perimenopause are natural stages in every woman's life, but they often come with questions and challenges. Join us for an insightful episode of HealthChats with Dr. Rosemary Ku, where we'll discuss the physical, emotional, and hormonal changes associated with these transitions. For more info visit [unitedag.org/healthchats](https://unitedag.org/healthchats)



# Wellness - Check Ups

Your health is your greatest asset, and taking proactive steps to maintain it is key to living a long, vibrant life. A Wellness Check-Up is a comprehensive way to assess your overall health and catch any potential issues early. Below, we've outlined the important services included in a routine check-up and why they're essential for your well-being.

## Essential Health Screenings

**Blood Pressure & Cholesterol Checks:** Regular monitoring of your blood pressure and cholesterol levels helps prevent heart disease and stroke. High blood pressure often has no symptoms but can lead to severe complications, which is why it's important to get checked regularly.

**Blood Sugar Levels:** Routine blood sugar tests help detect early signs of diabetes. Catching this condition early can prevent complications like nerve damage, kidney disease, and cardiovascular issues.

**Cancer Screenings (Breast, Prostate, Colon, Skin, etc.):** Early detection is crucial in cancer treatment. [Click here](#) to read more.



## Be Proactive Annual Physical Challenge

CAMPAIGN ENDS APRIL 30TH



Schedule your annual physical at one of UnitedAg's six health clinics, in person or virtually, and get UnitedAg swag!  
Book online at [ua.clinic](https://ua.clinic) or call **877.877.7981**.

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



SALINAS • SANTA MARIA • TURLOCK • VISALIA • CHICO • COLUSA





## Allergies: Awareness & Prevention



Allergies don't take a break in California – especially during February! From blooming trees to unpredictable weather, it's easy to be caught off guard. Here's what you need to know to keep symptoms at bay and stay comfortable all month long.

While it might still feel like winter, California's temperate climate brings early pollen from trees like oak and cedar around this time. Milder temperatures and dry winds can also stir up dust and mold, making your symptoms worse.

### Common Symptoms to Watch For

- Sneezing & Runny Nose
- Itchy Eyes & Throat
- Coughing & Congestion
- Fatigue
- Post-nasal Drip

If any of these sound familiar, you might be dealing with allergies.

### At-Home Tips to Prevent Allergies:

**Keep Windows Closed:** Minimize pollen exposure by keeping your windows shut during high pollen times (early morning to midday).

**Use Air Purifiers:** An air purifier with a HEPA filter can help clean the air in your home, especially in bedrooms and living spaces.

**Click here** to read more.

## March 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).



# 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

### 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

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

### 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](#)

## UPCOMING EVENTS

### INSPIRE: 2025 Annual Meeting & Conference

[March 17-19, 2025](#)

### HealthChats: Understanding Menopause & Perimenopause

[March 27, 2025 10:00 a.m.](#)

### HealthChats - Mindfulness, Stress, and Mental Health in the Social Media Era

[April 17, 2025 10:00 am](#)

### HealthChats - Aging and Brain Health

[September 25, 2025 10:00 am](#)



# HEALTHY U

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## YOUR HEALTHPLAN **news**

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