

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE FOUR | APRIL 2025

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Stress Awareness

April is here, and with it comes Stress Awareness Month—a perfect time to pause and rethink how we handle life's pressures. Stress is something we all face, but did you know that chronic stress can take a significant toll on your health?

The Hidden Dangers of Stress

Stress is not just a feeling of being overwhelmed. When left unmanaged, stress can lead to serious health issues, such as:

Heart Disease: Chronic stress can increase the risk of heart disease by raising blood pressure and contributing to inflammation in the body.

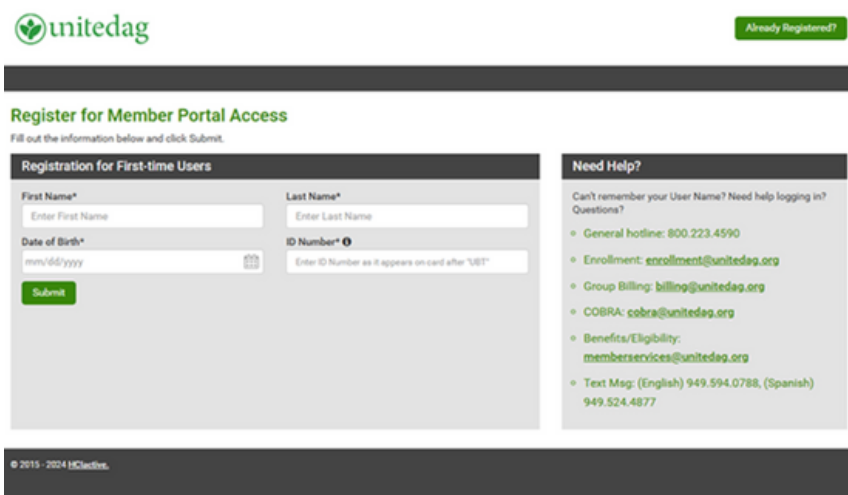
Mental Health: Prolonged stress is linked to anxiety, depression, and burnout.

[Click here](#) to read more.

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NEW MEMBER HEALTH PORTAL



The screenshot shows the 'Register for Member Portal Access' page. It includes a 'Registration for First-time Users' form with fields for First Name, Last Name, Date of Birth, and ID Number. A 'Submit' button is at the bottom. To the right is a 'Need Help?' section with contact information for General hotline, Enrollment, Group Billing, COBRA, Benefits/Eligibility, and Text Msg. A footer indicates copyright from 2015 to 2024 HClactive.

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

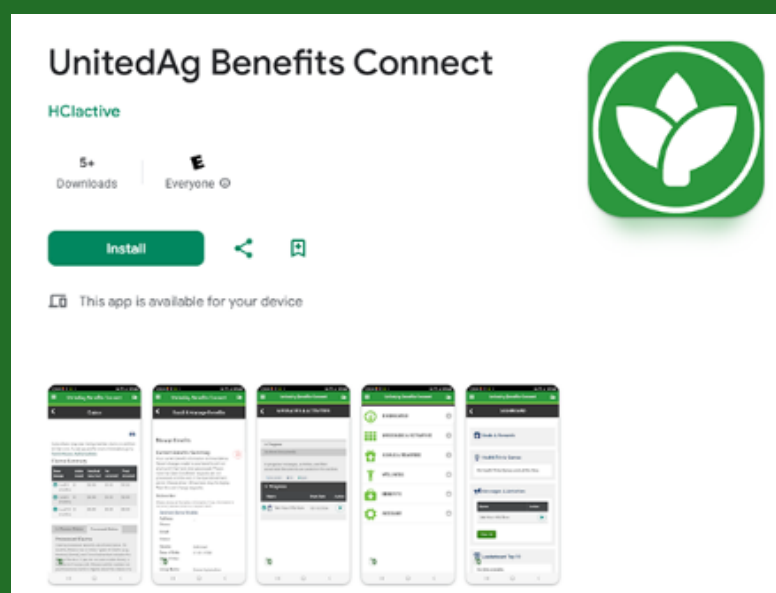
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

Apple Devices

[Download from the App Store](#)

Android Devices

[Download from the Play Store](#)



Need help? Contact UnitedAg Member Services at 800.223.4590 or text 949.594.0788.



Health for all seasons

Make your health a year-round focus. It's always a good time to take the next step towards better health.

Eat better

Follow the balanced plate method



- 50%** non-starchy vegetables
- 25%** whole grains, starchy vegetables, fruits or dairy
- 25%** lean protein



Enjoy the flavors of in-season produce from your garden, a local market or farm share co-op



Add frozen fruits, mint and other herbs to your water to help you sip all day long

Move more

Switch up your routine with new activities



tennis or pickleball



walking or hiking



yoga or tai-chi

Get moving before 10am or after 3pm



- Watch your sun exposure
- Stay hydrated
- Check the weather

Add movement to your daily routine



- Take the stairs
- Host a walking meeting
- Park farther away

Stay well

Wear sunscreen



Apply a generous amount to face and body **15-30 minutes** before you head out

Take a break



If you feel dizzy, nauseous or tired outdoors, check if you need **water, food or rest**

Picnic smart



Throw out any perishable foods that have been left out for **more than two hours**

Let Teladoc Health help support you on your wellness journey.

To sign up or learn more, go to TeladocHealth.com

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HEALTH



Fresh fruit and herb tonic

SERVINGS: 4

PREP TIME: 10 minutes

INGREDIENTS:

- 8 ounces fresh strawberries, hulled, or other berries
- 1 cup cubed ripe melon (cantaloupe, crenshaw, honeydew, watermelon)
- 2 cups ice-cold water
- ¼ cup fresh lemon juice
- 2 Tbsp finely chopped fresh basil or mint leaves
- 2 Tbsp sugar, or to taste (optional)
- Ice cubes
- 8 ounces club soda
- Lemon slices, for garnish
- Basil or mint sprigs, for garnish

[Click here](#) to read more.

Thank you to Everyone who has Registered for the UnitedAg Health Portal

A big thank you to everyone who registered for our Health Portal! Your participation helps us build a stronger, healthier community.

We're excited to announce that we've selected our 100 Portal Raffle winners 🎉 — each winner will receive a \$25 Visa gift card 🛍️! Winners will be notified via email.

Stay tuned as we continue to launch new quarterly Health & Wellness Campaigns.



Health Disparities Challenge Yourself

April is a time to raise awareness about health disparities and encourage everyone to take charge of their well-being.

We're committed to helping you stay healthy through preventative care and physical fitness—key steps to preventing health problems before they start.

Why Preventative Care Matters

Preventative care is your first line of defense against chronic conditions like diabetes, heart disease, and hypertension, which disproportionately affect minority communities. Regular check-ups, screenings, and healthy habits can catch issues early and keep you thriving. This month, let's prioritize:

Annual Wellness Visits

Schedule yours today to assess your health and set goals.

[Click here](#) to read more.



Be Proactive

Annual Physical Challenge

CAMPAIGN ENDS APRIL 30TH



BECOME THE BEST U BY GETTING YOUR CHECKUP

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 or call 877.877.7981.



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

April 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.

Melanoma Prevention: Practical Tips to Protect Your Skin

Melanoma is a type of skin cancer that, while less common than others, can be more aggressive. Fortunately, there are effective steps you can take to reduce your risk of developing it. At SAIN Medical e offer recommendations based on reliable sources to help you protect your skin and prevent melanoma.

1. Limit Exposure to Ultraviolet (UV) Rays

UV radiation from the sun is one of the main causes of melanoma. To reduce its impact:

Seek shade: Especially between 10 a.m. and 4 p.m., when UV rays are strongest.

[Click here](#) to read more.



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

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
- 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](#)

UPCOMING EVENTS

- [HealthChats - Aging and Brain Health](#)**
[September 25, 2025 10:00 am](#)



HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN news

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