

HEALTHY U

MONTHLY NEWSLETTER

YOUR HEALTHPLAN **news**

ISSUE FIVE | MAY 2025

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May Mental Health Awareness Month



One of the biggest misconceptions around mental health is that it only matters if you have mental “illness.” Poor mental health does not start at a diagnosis. By the time people talk to their healthcare providers about mental health, they are usually already in crisis and have suffered for far too long before getting help.

It doesn't have to be this way.

Check out our curated webpage for more mental health information and resources at unitedag.org/mentalhealth.

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Taking Care of Your Mental Health

Take the first step toward better mental health. Through Spring Health and Teladoc Health, you can connect with trusted professionals who speak your language and understand the unique challenges you face. Whether it's stress to everyday pressures, support is just a click away.

Spring Health

- Virtual Therapy
- Family Care
- Wellness Exercises
- Dedicated Guidance
- Multi language providers
- 24/7 crisis support

10 visits per year at zero cost share

**Hours: M-F
8 am to 11 pm ET
springhealth.com/support**

Available for members 6+ to access platform



855.629.0554
Crisis support 24/7 (press 2)

Spring Health

- Specialty Care
- Virtual Therapy
- Substance Use
- Anxiety with physical symptoms
- Disordered eating habits
- Persistent sadness
- Nightmares & unsettling dreams

Services paid according to plan benefits.

**Hours: M-F
8 am to 11 pm ET
springhealth.com/support**



855.629.0554
Crisis support 24/7 (press 2)

Teladoc[™] HEALTH

- Virtual Therapy
- Reducing stress
- Improving sleep
- Managing depression
- Managing anxiety
- Mindfulness & meditation
- Balancing intense emotion

\$0 Cost & unlimited visits per year

**Hours: 24/7/365 days
Use registration code: UNITEDAG**

Available for members 13+ to access platform



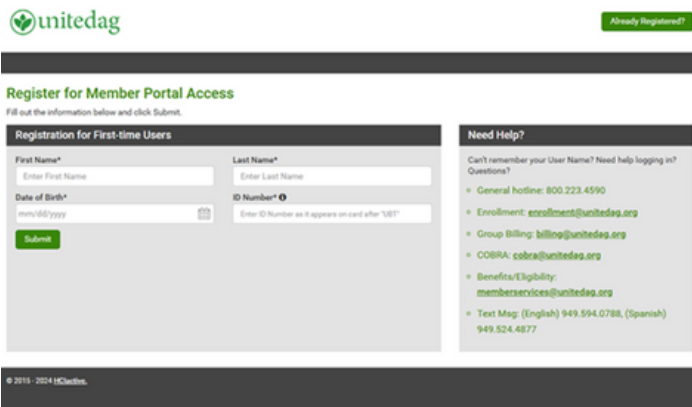
800.835.2362
Available 24/7

Exclusions may apply for HSA plan benefits. Contact Member Services for more information at 800.223.4590.

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



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

Thank you to Everyone who has Registered for the UnitedAg Health Portal! We have select our Raffle Winners!

A big thank you to everyone who registered for our Health Portal! We've selected our 100 Portal Raffle winners. 🎉 We have emailed each winner a \$25 Visa gift card 🇺🇸! Members please make sure to check your spam email incase you are our winner and received an email from Giftogram with your \$25 gift card.

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



DOWNLOAD THE BENEFITS CONNECT APP NOW!

UnitedAg Benefits Connect App

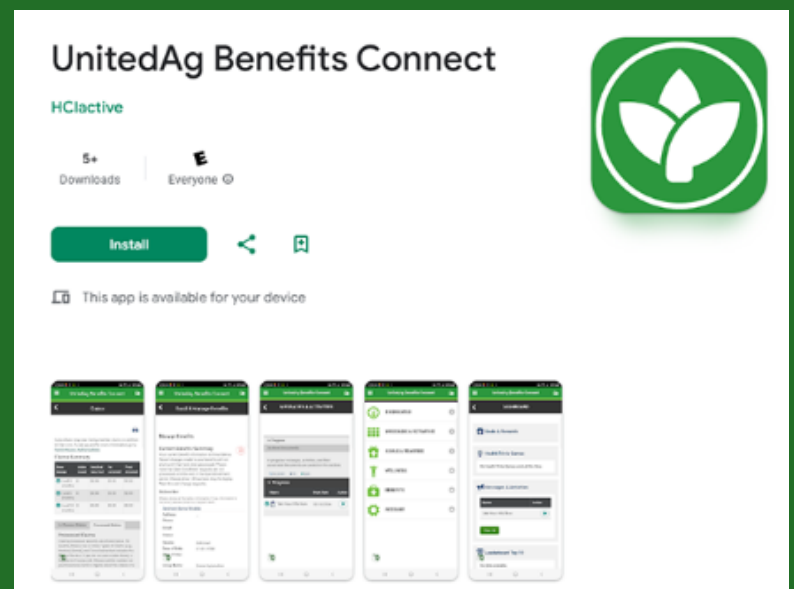
Enroll and manage your benefits with just one click! Download the UnitedAg Benefits Connect app on your iPhone or Android devices.

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.





Take the First Step Toward Mental Well-being

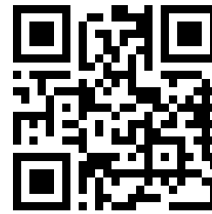
It's all about real conversations and real progress. Our friendly and caring licensed therapists are ready to help you with a broad range of mental health needs. In fact, on average, 90% of people who used our mental health solution say it helped them feel better.*

Get help with:

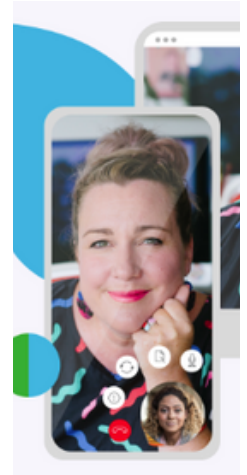
- Anxiety, stress or feeling overwhelmed
- Negative thought patterns
- Not feeling like yourself
- Sleep issues or if you can't get out of bed
- Relationship conflicts
- Trauma and PTSD
- Mood swings
- Medication management (psychiatry only)

[Click here](#) to get started.

Ready to join? Just scan the QR code to sign up today



800.835.2362
Available 24/7



Mental Health & Substance Abuse: Protecting the Employee Wellbeing

Mental health and substance abuse challenges in the workplace are increasingly prevalent, yet often remain unaddressed due to stigma, lack of awareness, and insufficient employer resources. These issues can negatively impact employee productivity, workplace morale, and overall organizational success. Many employers struggle to recognize warning signs, provide adequate support, and implement effective policies that promote employee well-being while ensuring compliance with legal and regulatory standards.

Statistics of % of Ag Sector in CA that struggles with mental health conditions

- About 1 in 5 agricultural workers may be struggling with a substance use disorder and/or mental health disorder. This equates to roughly 20% of the agricultural workforce. This is significantly higher than the national average, which hovers around 10% for the general population.
- Depression and anxiety are among the most common mental health disorders in this population. For instance, one study found that farmers and ranchers experience higher rates of depression (up to 40%) compared to the general population (which averages around 7-8%).
- Farmers have one of the highest suicide rates of any occupation, with studies showing that suicide rates for agricultural workers can be up to twice as high as the national average. [Click here](#) to read more.





MENTAL HEALTH GROCERY LIST

The foods on this list are good sources of Omega 3 Fatty Acids, Folate, Folic Acid, Vitamin D, or Vitamin B12—all of which are backed by scientific research to affect brain health (but not replace treatment for mental health conditions). Don't feel pressured to buy all of the items on this list, but try to pick a few from each category, if possible, for a well-rounded diet with mental health in mind.

Meat, Poultry, Seafood

Salmon
Trout
Mackerel
Anchovies
Sardines
Albacore tuna
Yellowfin tuna
Cod
Perch
Clams
Chicken
Turkey
Grass-fed beef (small amounts)
Grass-fed lamb (small amounts)

Vegetables

Spinach
Brussels sprouts
Mustard greens
Collard greens
Kale
Chard
Cabbage
Pumpkin
Sweet potatoes
Asparagus
Squash
Onions
Romaine lettuce
Broccoli
Cauliflower
Celery

Dairy

Eggs
Milk (Vitamin D fortified)
Non-processed cheese

Dressing/Seasoning

Fresh herbs (basil, cilantro, etc.)
Extra virgin olive oil
Apple cider vinegar
Balsamic vinegar
Garlic

Probiotics

Kefir
Kombucha
Tempeh
Sauerkraut (unpasteurized)
Kimchi (unpasteurized)
Non-sweetened yogurt (with live or active cultures)

Grains

Whole oats/whole grain oatmeal
Whole grain bread (rye, spelt or whole wheat)
Quinoa
Brown rice
Barley
Buckwheat
Bulgur
Unsweetened whole grain breakfast cereals (e.g. muesli)

Beans and Legumes

Lentils
Chickpeas/garbanzo beans
Soybeans/edamame
Kidney beans
Peas
Black-eyed peas
Lima beans
Black beans

Learn more and get free resources at mhanational.org

This content was originally developed in partnership with the Food and Mood Centre at Deakin University.

May 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.

Experts Weigh in on Mental Health, Obesity and GLP-1s



Get insights from Teladoc Health's clinical experts on how GLP-1 medications for obesity can impact mental health, and why an integrated approach to weight loss and mental wellness is crucial for long-term success.

In our recent webinar, Teladoc Health experts Dr. Russell Dubois, Senior Director, Enterprise Clinical Strategy and Quality, Mental Health, and Dr. Tejaswi Kompala, Senior Director, Clinical Strategy, Chronic Condition Management, delved into the intricate relationship between obesity, GLP-1s and mental health. [Click here](#) to read more.

Get to know the gut-brain connection.

Your gut and brain are talking to each other!

The gut – or “second brain” – communicates back and forth with your actual brain.

They both have special nerves and chemicals that help control digestion and emotions.



Celebrate Mental Health Month and explore more resources at mhanational.org/may



Mental Health Resources



Don't forget, if you or someone you care for is struggling with their mental health, you're not alone. Find help and support through these resources all year:

- The NAMI HelpLine is a free, peer support service providing information, resource referrals, and support to people living with a mental health condition. NAMI HelpLine specialists are experienced, well-trained, and able to provide guidance. The NAMI HelpLine is available Monday through Friday from 10:00 a.m. to 10:00 p.m. ET. Call 1-800-950-NAMI (6264), text "HelpLine" to 62640, chat online at nami.org/help, or email us at helpline@nami.org.
- If you or someone you know are experiencing a mental health crisis, remember 988. The 988 Suicide & Crisis Lifeline is available via call or text (dial 988) and online chat at 988lifeline.org.
- Want to learn more in order to support your colleagues or community? Check out NAMI's mental health education opportunities, some of which are offered both locally and virtually.
- Sometimes you need support from the people who understand your situation because they lived it too. NAMI Support Groups offers opportunities for connection. Find the support groups closest to you.

You can find more information about NAMI programs online. Start your journey at nami.org/mham.

Thank you for participating in NAMI's 2025 Mental Health Awareness Month campaign. Together, we will build hope by turning struggles into strength and sharing our stories. Every story matters. Share yours and inspire others this May!



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
- Member Guide**
unitedag.org/memborguide
- Quick Guide**
unitedag.org/quickguide
- Summary Plan Description (SPD)**
[English](#) | [Spanish](#)

UPCOMING EVENTS

- [HealthChats - Aging and Brain Health](#)**
[September 25, 2025 10:00 am](#)
- [HealthChats: Endocrine Disruptors and Hormonal Health](#)**
[December 4, 2025 10:00 am](#)

WATCH ON DEMAND

- [Healthchats: Mindfulness, Stress & Mental Health in the Social Media Era](#)**



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