

# HEALTHY U

MONTHLY NEWSLETTER

## YOUR HEALTHPLAN **news**

ISSUE NINE | SEPTEMBER 2025

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## Flu-Proof Your Fall



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According to the [CDC](#), the 2024–2025 flu season was classified as a high severity season for all age groups, the first since 2017–2018.

A high severity season indicates a greater-than-usual number of serious illnesses, hospitalizations, and deaths, along with widespread flu activity. As of June 7th, the [CDC also reported](#) 246 influenza-associated pediatric deaths. The first and most important step in preventing the flu is to get a flu vaccine each year.

[CMO MESSAGE](#)

[LEARN MORE](#)

# Flu Prevention Awareness

## WHAT YOU NEED TO KNOW

The flu is a contagious respiratory illness caused by influenza viruses, affecting the nose, throat, and sometimes the lungs. Symptoms can range from mild to severe, and in some cases, it can lead to serious complications or even death.

**According to the Centers for Disease Control and Prevention (CDC), getting a yearly flu vaccine is the most effective way to prevent the flu.**

## SYMPTOMS

Flu symptoms often come on suddenly and can range from mild to severe. Common signs include: cough, sore throat, runny or stuffy nose, body aches, headache, and fatigue. **It's also possible to have the flu without showing any symptoms.**



## HOW IT SPREADS

- Flu spreads through droplets from coughing, sneezing, or talking.
- Droplets can enter the mouth or nose of nearby people.
- Spread by touching contaminated surfaces, then touching the mouth, nose, or eyes.



## WHY PREVENTION MATTERS

- **Protects Your Health:** Annual vaccines reduce the risk of serious illness, especially for young children, older adults, and those with health conditions.
- **Keeps Communities Safer:** Widespread vaccination helps stop the spread and protects those most at risk.
- **Supports Hospitals:** Fewer flu cases help ease the load on healthcare systems during peak seasons.

## MYTHS & FACTS

**Myth:** The flu shot can give you the flu.

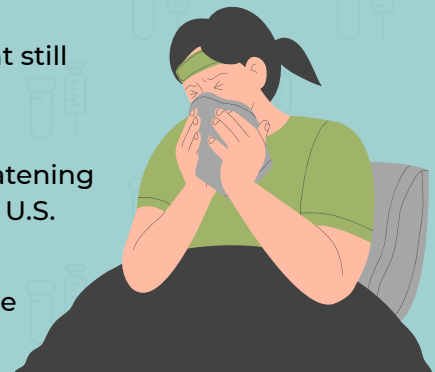
**Fact:** It can't. Flu vaccines use inactivated or non-infectious virus material. You might still get sick in the two weeks before the vaccine becomes effective.

**Myth:** Flu is just a bad cold.

**Fact:** The flu can be much worse. It can cause high fever, fatigue, and even life-threatening complications. Each year, it leads to thousands of deaths and hospitalizations in the U.S.

**Myth:** All flu vaccines are the same for everyone.

**Fact:** While everyone 6 months and older should get vaccinated, certain vaccines are recommended for older adults (65+) for better protection.



## WELLNESS ROUNDUP: PREVENTION AND PARTICIPATION

This month, we're spotlighting two key initiatives for a healthier team: protecting ourselves during flu season and celebrating the momentum of our Race to Enroll campaign. Both efforts support our shared goal of a stronger, healthier workplace.



## PROTECT YOUR TEAM THIS SEASON: ONSITE FLU SHOT EVENTS

UnitedAg's Flu Shot Awareness Campaign starts **October 1st**! Don't forget to schedule your on-site flu clinic now and boost participation with ready-made materials and flu prevention tips.

### WHY HOST AN ON-SITE CLINIC?

Hosting flu vaccinations benefits both your team and your organization:

- **Reduces absenteeism** by minimizing illness and keeping productivity high
- **Prevents outbreaks** in close-contact work environments
- **Builds trust** by showing your commitment to employee health and wellness
- Offering flu shots can have a big impact on **morale, loyalty,** and overall **workplace wellbeing.**

### HOSTING A FLU SHOT EVENT MADE SIMPLE

- **Request:** Submit your flu shot event request via [Monday.com](https://Monday.com).
- **Review:** Clinical Team confirms the date and time.
- **Confirmation:** You'll receive event details, registration forms, flyers, and setup instructions.
- **Travel Fee:** If your location is outside the service area, a travel fee will be shared before confirmation.
- **Final Count:** Provide the number of participants at least 48 hours before the event.

[SCHEDULE EVENT](#)

## RACE TO ENROLL WINNERS

### CELEBRATING OUR TOP PARTICIPATING GROUPS!



**MARGERUM**  
WINE COMPANY



Thank you for encouraging participation in our **Race to Enroll** campaign!

Keep the momentum going! If you haven't signed up for the UnitedAg Health Portal, take the next step toward better health today.

[REGISTER TODAY](#)



# A Healthy Start to the School Year

## Welcome Back to School!

With the start of a new school year, now is a great opportunity to build healthy routines that support both physical and mental well-being for the whole family. Establishing balance early on can help set the stage for a smooth, productive, and low-stress year ahead.



### PREP FOR THE SCHOOL YEAR



- Schedule a physical, book your child's check-up to catch any issues early.
- Keep a current list of allergies, medications, and medical history to support personalized care.
- Make sure your child is up to date on all required and recommended vaccines.

### PRIORITIZE SLEEP

Consistent sleep keeps kids sharp throughout and ready to learn.



### STAY ACTIVE

Encourage regular physical activity to boost overall health and manage stress.



### PLAN BALANCED MEALS

Provide nutritious meals and snacks to support their growing bodies and minds.



### SCHEDULE DOWNTIME

Make time for relaxation and hobbies to balance schoolwork and leisure.



## ROUTINE VACCINATIONS

As the seasons shift and our schedules get busier, it's easy to overlook the importance of staying up to date on vaccinations.

However, routine vaccinations are essential for protecting your health and the health of those around you throughout the year. Here are a few important reasons to keep up with them:

①

### CONTINUOUS PROTECTION

Vaccinations protect against preventable diseases and help keep your immune system strong.

②

### FAMILY SAFETY

For parents, keeping up with routine vaccinations protects children and builds a strong foundation for their lifelong health.

③

### SCHOOL AND TRAVEL READY

Schools and travel often require vaccinations. Staying current keeps you ready without last-minute stress.

## SCHEDULE AN APPOINTMENT TODAY!

Schedule an in-office or virtual visit with your local UnitedAg Health & Wellness Clinic today!

[SCHEDULE](#)

Not near a UnitedAg Health clinic? Find a provider near to you!

[FIND A PROVIDER](#)



# Supporting Children's Mental Health

Spring Health 

Shining a spotlight on the importance of a child or adolescent's mental health.

## Warning Signs

Learn to recognize the symptoms of a struggling child or teen:

- Their circle of friends changes, or they become more withdrawn.
- Their grades change, they lose interest in things they loved before.
- There's a significant change in their weight, sleep, or mood.
- They recently experienced a loss of some kind (friends groups changing, loved ones passing away, the end of a relationship).

## What can you do?

- **Be available:** Know that conversations don't need to be long sit-downs, they may happen in small moments.
- **Ask and Listen:** Listen to what they have to say and avoid judging or giving too much advice at once.
- **Talk about how you take care of your own mental health:** Kids are always watching and learning from your actions.
- **Validate:** Reinforce their feelings by restating what they say and empathizing with their situations.
- **Take a break:** If feelings or emotions become too big, it is okay to take a break and return to the conversation after everyone has had time to cool down.

## Navigating Your Child's Account

- Children under 13 cannot directly register themselves, a parent or legal guardian must create an account for them and manage their account.
- Minors 13-17 (in the state of CA) can use Spring Health without a guardian present and have access to teen-focused resources ([learn more](#)).



If your child talks about suicide, seek help right away. For a crisis, call Spring Health's 24/7 clinical crisis support phone line (1-855-629-0554; option 2)

*1 in 5* ●○○○○

children and adolescents will have a diagnosable mental, emotional, or behavioral disorder at some point in their development. Sadly, only about 20% of those children will receive care from a mental health professional.

If you are looking for more ways to support, understand or talk about mental health with your child Spring Health is here for you.

**Get started today**

[benefits.springhealth.com](https://benefits.springhealth.com)  
**1-855-629-0554**





# SALINAS HEALTH CLINIC NOW OPEN!



275 W. Laurel  
Drive  
Suite B & C,  
Salinas, CA 93906



Clinic Hours (Suite C)  
M, T, TH, F: 8 AM - 5 PM  
W: 10 AM - 7 PM



Schedule your  
September  
appointment & get a  
free gift!  
(One per person, while supplies last).



Our care team is ready to welcome you with the same dedicated service and support you've come to expect from UnitedAg.

## WHY VIST OUR HEALTH & WELLNESS CLINICS?

Affordable care, available in person or virtually. Many services come with \$0 copay and no deductible for most plans.\*

Services Available at All Health & Wellness Clinic Locations:

- Primary Care
- Preventive Care
- Seasonal Flu Shots
- Wellness Coaching
- Lab and X-ray Services
- Gynecology
- And more!

\*A \$40 copay applies to in person office visits and \$25 copay for all virtual care visits for HSA plan members. Zero copay will apply for any follow up virtual care visit that is scheduled in conjunction with the initial visit. A \$0 copay will apply to HSA plan members after the annual deductible is met.

## VIRTUAL CARE AVAILABLE

Get quality care anytime, anywhere with UnitedAg's Virtual Primary Care, ideal for minor illnesses and routine check-ins.

Advantages of Virtual Care:

- \$0 copay for most plans.\*
- No travel or waiting rooms.
- Available Monday through Friday, 8 AM to 5 PM.
- Average response time: 2 hours from appointment request.
- Available to UnitedAg health plan members across California.

[SCHEDULE VIRTUAL VISIT](#)

## YOU'RE INVITED TO OUR RIBBON CUTTING EVENT!

**WHEN:**

Thursday, October 30

**TIME:**

5:00 PM – 6:30 PM

**LOCATION:**

275 W. Laurel Drive,  
Suite B & C,  
Salinas, CA 93906

[MAP](#)

Celebrate the Grand Opening of our brand-new Salinas Health & Wellness Clinic and Membership Office with an afternoon of community, connection, and celebration. Enjoy food and refreshments, tour the new space, and meet our dedicated clinical care team. We look forward to welcoming you!



[RSVP](#)



## FARM FIRST AID: STAYING PREPARED IN AGRICULTURAL WORKPLACES



In the agricultural industry, injuries can happen quickly. Whether from equipment, animals, weather conditions, or everyday tasks, being prepared with basic first aid knowledge and accessible supplies is essential to keeping workers safe and minimizing the impact of common incidents.

*\*Note: This checklist is a practical tool to help reinforce key points from prior safety training and support ongoing health awareness on the farm. It's not a substitute for certified training, but it serves as a quick reference for promoting safety and readiness in agricultural settings.*

- ☐ What are some examples of common injuries that require first aid? Examples: cuts, bee stings, sprains, and broken bones.
- ☐ Some items that should be kept in a first aid kit include: alcohol wipes, gauze, band aids, disposable gloves and medical tape.
- ☐ First aid kits should be kept in accessible locations: in the office, near the bathrooms, in the shop, and the foreman's truck.
- ☐ Some symptoms indicating that someone may need help include: cramps, nausea, swelling, bleeding, dizziness, and pain.
- ☐ Treating a cut: clean the dirt from wound site, rinse with clean water, apply pressure using a bandage, call for help if needed.
- ☐ Protect yourself by wearing disposable gloves. Keep calm and help to keep the victim calm while administering first aid.
- ☐ Emergency procedures include: call 911, administer first aid, meet the emergency services at the property entrance or nearest cross street, and have someone stay with the victim until help arrives.

## September 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).

**TO LEARN MORE ABOUT  
AGRICULTURAL SAFETY,  
VISIT:**



# 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)

### Member Guide

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

### Quick Guide

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

### Summary Plan Description (SPD)

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

## UPCOMING EVENTS

### [HealthChats - Aging and Brain Health](#)

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

### [Member OPS Forum: Introduction to SmithRx](#)

[November 20, 2025 11:00 am](#)

## WATCH ON DEMAND

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

