

HEALTHY U

SLUBLUO

MONTHLY NEWSLETTER

YOUR HEALTHPLAN DEWYS

ISSUE ELEVEN | NOVEMBER 2025

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Diabetes Awareness



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November is National Diabetes Awareness Month, a time to shed light on a condition that affects millions of Americans and their families. Whether you're living with diabetes, caring for someone who is, or simply aiming to live a healthier lifestyle, awareness is the first step toward prevention and better management.

LEARN MORE



DIABETES AWARENESS



WHAT IS DIABETES?

Diabetes is a chronic condition that affects how your body turns food into energy. When your body doesn't make enough insulin or can't use it effectively, blood sugar levels rise — leading to serious health problems over time such as heart disease, kidney issues, and vision loss.

TIPS FOR PREVENTION & HEALTHY LIVING

- Eat whole foods: Choose fruits, vegetables, lean proteins, and whole grains.
- Stay active: Aim for 30 minutes of movement most days of the week.
- Stay hydrated: Cut back on sugary drinks.
- Get enough rest: Good sleep supports healthy blood sugar levels.
- Manage stress: Try deep breathing, stretching, or journaling.





UNITEDAG RESOURCES

Through UnitedAg, Teledoc offers a diabetes management tool called <u>Livongo</u>. <u>Livongo</u> is a chronic-condition management platform, originally focused on diabetes (type1 &2), that provides a connected meter, unlimited strips/lancets, coaching, and real-time feedback for members.

GET STARTED TODAY TO RECEIVE:

- A smart blood glucose meter that connects to your Livongo account
- Unlimited strips and lancets automatically sent to your door
- Personalized support from certified diabetes care and education specialists

*Livongo availability is dependent on your specific UnitedAg plan. Eligibility requirements may apply.



UNDERSTANDING DIABETES

KNOW THE DIFFERENCE

Diabetes disrupts the body's use of insulin, causing high blood sugar. Understanding how the different types affect this process is key to grasping the condition.

Type 1 Diabetes: (<10% of cases) is a chronic condition where the pancreas produces little to no insulin. In such cases, the administration of insulin is necessary to enable the body to use glucose for energy and maintain normal blood glucose levels.

Type 2 Diabetes: (>90% of cases) is a chronic condition characterized by the gradual development of insulin resistance in the body, possibly accompanied by insufficient insulin production. This is managed through lifestyle adjustments to reduce insulin resistance, as well as the use of medications.

Prediabetes: refers to a state of insulin resistance that has not yet progressed to type 2 diabetes. It is essential to be aware of whether you have any of these conditions to prevent potential complications in the future.

ACKNOWLEDGING THE SIGNS AND SYMPTOMS

In the U.S., 1 in 3 people has prediabetes, often without knowing it. Because high blood sugar can go unnoticed, regular screening with your doctor is important.

Symptoms of High Blood Sugar:



- Frequent urination
- Persistent thirst, regardless of fluid intake
- Excessive hunger, even with regular meals
- Severe Fatigue
- Blurred Vision
- Delayed healing of cuts or bruises
- Unintentional weight loss (specific to type 1 diabetes)

WARNING SIGNS OF TYPE 1 DIABETES

Type 1 diabetes is often mistaken for growth spurts, colds, flu, or urinary infections. Know the warning signs.

- Headaches
- Weightless
- Blurry vision
- Extreme Thirst
- Frequent Urination
- Increased Appetite
- Fruity Breath Odor
- Fatique & Weakness
- Rapid Deep Breathing



EXPERIENCING ANY OF THESE SYMPTOMS?

DON'T WAIT, SCHEDULE AN APPOINTMENT TODAY!

FIND A PROVIDER



DIABETES FRIENDLY FALL RECIPES



Thanksgiving is full of family and great food, but it can be tricky with diabetes. Enjoy the season worry-free with these healthy, diabetes-friendly recipes.

Cauliflower Mashed "Potatoes"

This creamy, low-carb alternative is full of flavor and makes a perfect accompaniment to turkey or roast.



Ingredients:

- 1 medium cauliflower, cut into florets
- 2 garlic cloves, peeled
- 1 tbsp olive oil or butter
- Salt and pepper to taste

Directions:

- 1. Steam the cauliflower and garlic cloves in a steamer basket or boil in water until tender, about 10-12 minutes.
- Drain and transfer to a large bowl or food processor.
- 3. Add olive oil or butter, salt, and pepper, then mash until smooth or pulse in the food processor until creamy.
- 4. Serve warm as a side dish.

Low-Sugar Pumpkin Pie

This low-sugar pumpkin pie delivers all the flavor without the blood-sugar spike.



Ingredients:

- 1 can (15 oz) pure pumpkin
- 2 large eggs
- 1/2 cup sugar substitute (such as Stevia or Monk Fruit)
- 1 tsp cinnamon

- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 tsp vanilla extract
- l pre-made whole wheat pie crust

Directions:

- 1. Preheat your oven to 375°F (190°C).
- 2. In a large bowl, whisk together the pumpkin, eggs, sugar substitute, cinnamon, ginger, nutmeg, salt, and vanilla extract until smooth.
- 3. Pour the mixture into the pie crust and smooth the top.
- 4. Bake for 40-45 minutes, or until the filling is set and a toothpick inserted into the center comes out clean.
- 5. Let the pie cool before serving. Refrigerate leftovers.

MORE RECIPES





A MILESTONE MOMENT: RIBBON CUTTING & CELEBRATION



On the evening of October 30, 2025, UnitedAg celebrated a milestone for the Salinas, CA, community with the grand opening of the new Membership Office and Wellness Clinic at 275 W. Laurel Drive. The event brought together community members, local leaders, and industry professionals for an evening of networking, delicious bites, raffles, and great company.



Guests had the opportunity to meet our regional staff, clinical team, and board members, while also learning more about our ongoing efforts to support the community.

CEO Kirti Mutatkar reaffirmed her dedication to the Salinas community and **unveiled exciting plans to expand clinic hours, with Saturday availability coming soon**.

With the new facilities, members can fully take advantage of their UnitedAg benefits in a welcoming and supportive environment. This grand reopening highlights UnitedAg's ongoing commitment to serving the agricultural community, making the event both meaningful and memorable.









***** SmithRx

FREE GENERICS AT COSTCO PHARMACY

Members can continue to enjoy a \$0 copay on generics!

Zero Generic Progam - In partnership with SmithRx, members can continue to save on Tier 1 generics at \$0 copay for a wide range of select medications through Costco Pharmacies, making essential prescriptions more affordable and accessible. For members enrolled in HSA-compatible plans, these same medications are available for just \$9, providing exceptional value and convenience.

- You and your family can save by using Costco Pharmacy.
- Your premiums stay low when your health plan saves money.
- No membership required!
- Your copay is \$0 for generics at your local Costco Pharmacy.
- Conveniently order your prescriptions via the Costco app.
- Over 500 Costco Pharmacies conveniently located nationwide.

Call your local Costco Pharmacy and transfer your prescriptions and start saving today!





HOW TO PREPARE FOR THE PHARMACY CHANGE

Starting January 1st, UnitedAg will be transitioning pharmacy networks from Costco to SmithRx. To help ease the process, we encourage members to prepare for the change by downloading the Digital Health ID Pass which gives you quick and secure access to their health benefits ID card—anytime, anywhere with real time updates.

With just a few taps, you can view your digital member ID and share your coverage details with providers, all from your mobile device. **Available for both Apple Wallet and Google Wallet.**

THREE EASY STEPS TO DOWNLOAD YOUR HEALTH ID PASS

STEP 1

Visit <u>unitedag.org/digitalhealthpass</u> or scan the QR code below and fill out the required information:



STEP 2

- First & Last Name
- Date of Birth
- Zip code
- Health Plan
- Last 4 digits of your Social Security Number



Preview the card and tap to add to Apple or Google Wallet. You're done! Just open your wallet on your mobile device to access your digital ID Card.



Q-4-Q1 INITIATIVE: RACE TO DOWNLOAD

DOWNLOAD YOUR DIGITAL ID NOW—IT PAYS TO DOWNLOAD (YOU COULD WIN \$50!)

With the success of the Race to Enroll campaign, we're introducing a new campaign this season, we invite you to join our **Digital Health Pass** download initiative! From **December 1, 2025, through March 31, 2026,** we will raffle two \$50 gift cards each month. Simply add the digital health ID pass and you're in for a chance to win!



Member Resources

Below are important links and information to help you understand and access your health benefits.

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

UnitedAg Health & Wellness Clinic Holiday Hours

Thanksgiving Closed

Day After Thanksgiving Closed

Christmas Eve Closing at 12 pm

Christmas Closed

New Years Closed

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

<u>ua.clinic</u>

Network Partner Directories

unitedag.org/networks

Member Guide

unitedag.org/memberguide

Quick Guide

unitedag.org/quickguide

Pharmacy FAQs & Costco

Formularies

<u>unitedag.org/chs.</u>

UPCOMING EVENTS

Member OPS Forum: Introduction to SmithRx

November 20, 2025 11:00 am

<u>AgSafe Webinar: Reasonable Suspicion for Supervisors</u>

December 3, 2025 8:30 am - 10 am

WATCH ON DEMAND

<u>Healthchats: Aging And Brain</u> <u>Health</u>



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EDITORS & CONTRIBUTORS

EDITORS

Maribel Ochoa

Director, Communications & Membership

Jackie Resendiz

Communications Coordinator

Jessica Lopez Communications and Membership Coordinator

Richard Tran
Digital Communications Specialist

CONTRIBUTORS

Dr. Rosemary Ku
Chief Medical Officer

Elite Medical Wellness

Teladoc Health

SAIN