

HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING



WHAT ARE AUTOIMMUNE DISEASES?

Knowledge is power. Learn to recognize the signs and understand how autoimmune diseases affect more than 50 million people.

Photo Courtesy of Plantel Nurseries, Inc.

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Photo Courtesy of Plantel Nurseries, Inc.



UnitedAg's Health & Wellness Clinic

Your Clinic of Choice

Our Health & Wellness Clinics are open to all UnitedAg covered employees and their dependents.

We offer a full range of services from acute and episodic care to health-risk and disease management and so much more. Plus, all offer bilingual virtual primary care for patients who need to speak with a doctor on their own time.

Schedule an appointment by calling **877.877.7981** or by visiting ua.clinic.

Find a Clinic Near You

New! Redding

1950 Court St, STE C,
Redding, CA 96001

Chico

1074 East Ave,
Chico, CA 95926

Colusa

412 4th St,
Colusa, CA 95932

Salinas

275 W Laurel Dr,
STE C,
Salinas, CA 93906

Santa Maria

2605 S Miller St #100,
Santa Maria, CA 93455

Visalia

315 S Johnson St,
Visalia, CA 93291

Turlock

1080 Delbon Ave
Turlock, CA 95382



Salinas Health & Wellness Clinic

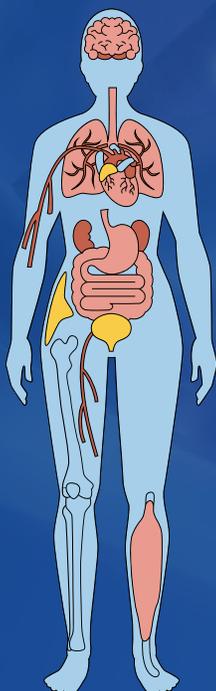
Salinas Clinic Named Top 3 Medical Clinic of 2026

UnitedAg's Health & Wellness Clinic in Salinas has been recognized as a **Top 3 Medical Clinic for 2026** by **BusinessRate**.



AUTOIMMUNE DISEASES

What are Autoimmune Diseases?



What are Autoimmune Diseases?

The immune system works around the clock to identify and respond to potential threats. This system acts as the body's natural defense, helping protect us from harmful invaders such as viruses, bacteria, and toxins.

However, those affected by autoimmune diseases, the immune system becomes confused. The body mistakenly attacks healthy cells, tissues, and organs, often through the production of autoantibodies or other immune responses.

What Causes Autoimmune Diseases?

Although the exact cause of autoimmune diseases is still unknown, scientists and doctors believe they may be triggered by a combination of genetics, the immune system, and environmental factors. Environmental triggers may include infections caused by viruses or bacteria, stress, dietary components such as gluten or dairy, contaminants in food, and environmental pollutants.

Symptoms

Symptoms of autoimmune diseases can sometimes look like other common health issues. Paying attention to where and how symptoms change over time may help identify a potential problem.

Common symptoms may include:

- Redness, warmth, pain, or swelling in one or more parts of the body
- Feeling tired all the time (fatigue)
- Joint pain or stiffness
- Muscle weakness or aching
- Shortness of breath
- Recurring or on-and-off fever
- Loss of appetite

Approximately
**80% of those
diagnosed are
women.**

**50 million
people** in the
United States
are **affected by
autoimmune
diseases.**

**25% of people
with an
autoimmune
disease may
develop more
than one.**

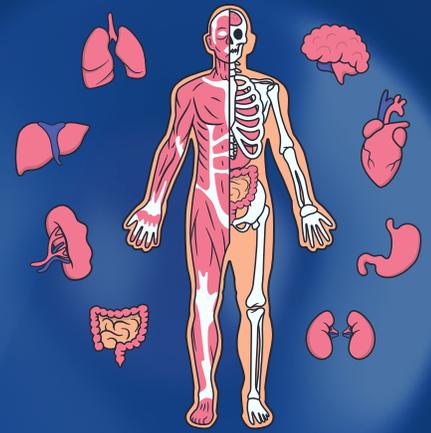
**100+ chronic
conditions** fall
under the
autoimmune
disease
category.



What are the Different Types?

The symptoms of autoimmune diseases are dependent on the area of the body that is affected. Autoimmune diseases can affect almost any tissue or organ in the body depending on how the immune system responds, including:

- Joints
- Muscles
- Skin
- Blood vessels
- Digestive system
- Endocrine system
- Nervous system



Common Autoimmune Diseases

While there are over 100 types of autoimmune diseases, here are a few you may have heard of:

- **Type 1 Diabetes** – Occurs when the pancreas produces little or no insulin. It is often known as insulin-dependent or juvenile diabetes because it frequently develops in children, teens, and young adults, though it can occur at any age.
- **Hashimoto's Disease** – A condition in which the immune system attacks the thyroid gland, often resulting in an underactive thyroid.
- **Lupus** – A condition where the immune system attacks healthy cells and tissues, causing inflammation. Flare-ups can affect the skin, blood, joints, kidneys, brain, heart, and lungs.
- **Psoriasis** – An overactive immune response causes skin cells to multiply too quickly, leading to itchy or sore patches of redness and scaling on the skin.
- **Rheumatoid Arthritis** – Causes the immune system to attack the joints, leading to pain, swelling, and stiffness in the joint lining. It commonly affects the joints in the fingers, hands, wrists, knees, ankles, feet, and toes.

When Should You See a Doctor?

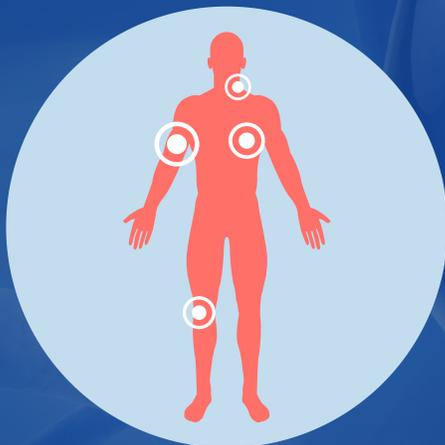
You know your body best—don't ignore persistent symptoms. If they worsen or new ones appear, see a healthcare provider.

Here are a few tips to help you and your provider:

- Know your family health history, some autoimmune diseases are more likely to develop if they run in families.
- Track your symptoms: when they appear, how long they last, and anything that seems to make them better or worse.
- Early conversations with your healthcare provider can lead to earlier testing, diagnosis, and treatment.

Schedule an appointment with a **UnitedAg Health & Wellness Clinic** by calling **877.877.7981** or by visiting **ua.clinic**.

To find a provider call **800.223.4590** or visit **unitedag.org/networks**.



*Sources:

- [MedlinePlus. Health Topics. Autoimmune Diseases.](#)
- [MedlinePlus. Medical Encyclopedia. Autoimmune Diseases](#)
(MedlinePlus brings together authoritative health information from the National Library of Medicine (NLM), the National Institutes of Health (NIH), and other government agencies and health-related organizations.)
- [U.S. Department of Health & Human Services Office on Women's Health. Autoimmune Diseases.](#)
- [National Institute of Allergy and Infectious Diseases. Autoimmune Diseases Research.](#)
- [Centers for Disease Control and Prevention. About Type 1 Diabetes.](#)
- [Cleveland Clinic. Autoimmune Diseases.](#)
- [MedlinePlus Magazine. Autoimmune Diseases: What You Need to Know.](#)
- [Autoimmune Association. "What Is Autoimmunity?"](#)



What is Resilience?

While you can't control everything that happens to you, difficult experiences don't have to define you.

Resilience is the ability to adapt to challenging life experiences. Developing resiliency can help you bounce back from hardship and better manage stress in the future.

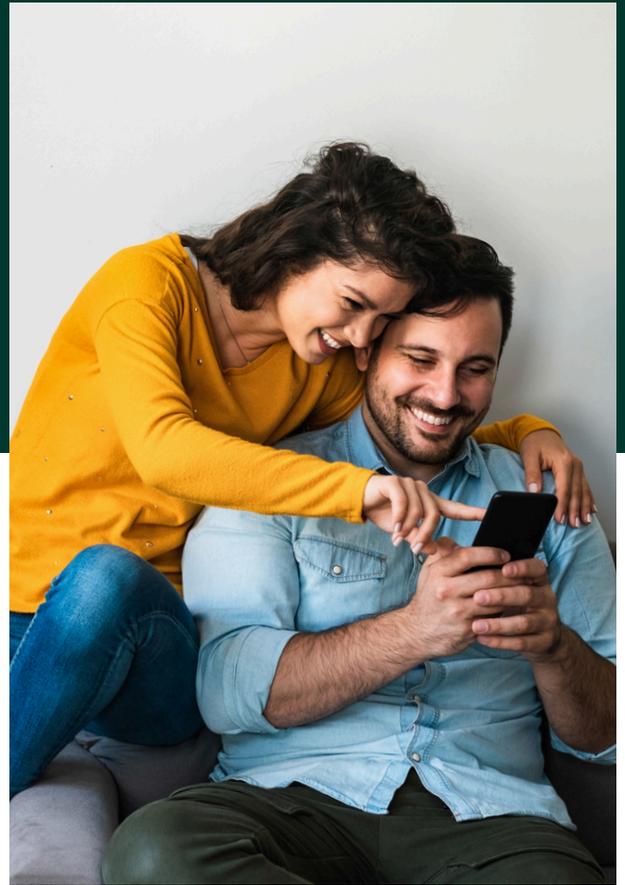
Here are tools you can use during times of high stress and adversity:

- **Connect.** Reach out to your social network for support and to help you problem solve.
- **Practice mindfulness.** Staying present instills hope and gives perspective.
- **Take responsibility.** Identify what you can control and make changes.
- **Stay patient.** Accept what you cannot control and stay calm until it passes.
- **Offer to help others.** This can help you feel empowered and connected.
- **Practice self-care.** Identify what activities help you reduce negative emotional reactions. Engage in these activities often.

Seven ways to grow more resilient everyday:

1. Think about what you can control on a day-to-day basis.
2. Decide what you can control, and find ways to accept difficult events as out of your control.
3. Focus on the present moment. Avoid thinking about what "should have happened differently".
4. Engage in physical activities that release endorphins.
5. Practice good self care every day.
6. Identify interests that help you stay connected to others.
7. Plan for action - get involved in area that aligns with your value system to help you feel empowered as you learn and even teach others how to solve problems.

*Source: Material provided by Spring Health



Your Benefits With Spring Health

Spring Health—your mental wellness benefit provided by your employer—can help you work through stress and help you learn how to become more resilient. It's 100% confidential, so your info will never be shared with your employer or anyone else.

[Sign up or sign in](#) to speak with your Care Navigator, a licensed clinician who can answer questions, book same-week therapy appointments, and more.



Get confidential support:

benefits.springhealth.com

Are you in a crisis?

1-855-629-0554

[\(Select option 2 for 24/7 crisis support\)](#)



SWEET DREAMS: HOW TO FIX YOUR SLEEP

We all need more sleep. It sounds like a luxury, but it's a functional need. Regularly getting less than the minimum recommended seven hours each night for adults is linked to many health issues. They include:

- Impaired immune function
- High blood pressure
- Type 2 diabetes
- Heart disease
- Mood disorders
- Increased risk of accidents
- Stroke
- Obesity

OVER 25%
of adults do not get **7**
hours of sleep each night.

14.5%
of adults have trouble
falling asleep.

17.8%
of adults have trouble
staying asleep.

Set Yourself Up for Success

Knowing that sleep is one of the most important things your body needs, create an environment that will encourage the best rest:

- Use your bedroom only for sleep, not watching TV.
- Keep your bedroom quiet or consider soothing sounds—a fan, an app on your phone or a white noise machine.
- A cool, dark room tells your body it's time to sleep. Draw the shades and turn down the thermostat.
- Consider comfort accessories like a posture-correcting pillow or cooling sheets.

Routine Brings Rest

The daily decisions you make around what and when you eat, how much you drink and your physical activity can set you up for better sleep. And when it comes to bedtime, following a ritual can lead to successful slumber:

- Avoid eating too late in the day
- Put away the electronics two hours before bedtime.
- Skip the alcohol and instead try a mocktail.
- Take a bath or shower to wind down.
- Set an alarm to wake up and go to bed, consistency matters.
- Do a brain dump of anything making you anxious in a journal, a voice memo or just make mental notes.
- Visualize a night of good, uninterrupted sleep.

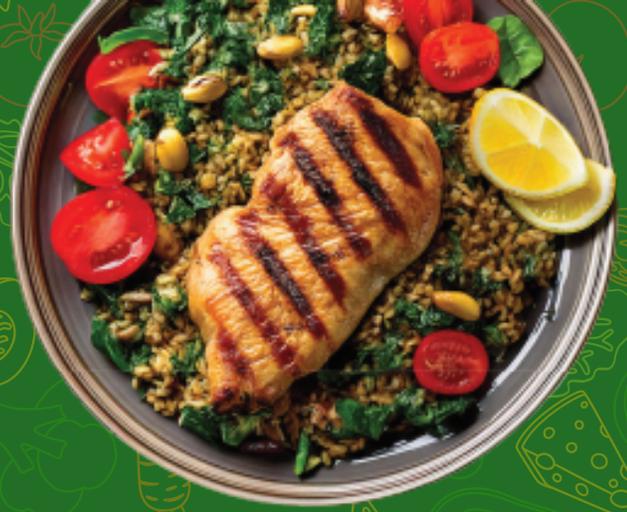
Waking up from a restful night of sleep is one of life's greatest feelings. Setting yourself up for successful nights will bring on better days too

*Source: Material provided by Teladoc Health, Inc

Greek-Style Chicken with Lemon-Pistachio Rice

This dish has an intoxicating savory lemon aroma. Mediterranean-inspired flavors and ingredients taste like health in every bite.

MAKES 4 SERVINGS | PREP: 10 MIN | COOK: 1 HOUR



INGREDIENTS

- 1½ cups fat-free, low-sodium chicken broth
- 1 cup uncooked, instant brown rice
- 10 oz frozen, chopped spinach (thawed, squeezed dry)
- 2 large tomatoes (chopped)
- 2 tsp lemon zest
- 4 tbsp of fresh lemon juice, divided into 2 tbsp each
- 4 tbsp chopped, roasted (shelled) pistachio nuts, divided
- ½ tsp ground cinnamon
- 1 tbsp finely chopped, fresh oregano or 1 tsp dried oregano (crumbled)
- 1 tbsp snipped, fresh dill weed or 1 tsp dried dill weed (crumbled)
- ¼ tsp pepper
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 8 oz fat-free or low-fat, plain yogurt
- Fresh oregano, dill weed and lemon zest for garnish, optional

PREPERATION

Preheat the oven to 375° F.

In an 8-inch glass or metal baking dish, stir together:

- Broth
- Rice
- Spinach
- Tomatoes
- Lemon Zest
- Pepper
- 2 Tbsp lemon juice
- Oregano
- Dill weed
- Cinnamon

Add the chicken breasts. Spoon a small amount of the rice mixture over them. Cover with aluminum foil.

Bake for 50 to 60 minutes or until the chicken is no longer pink in the center and the rice is tender. Meanwhile, stir together the yogurt and 2 tsp lemon juice.

To serve, spoon the yogurt mixture over the chicken, rice and vegetables. Sprinkle with the remaining pistachios.

Garnish with oregano, dill weed and lemon zest.

NUTRITION

Serving size: approximately 3 oz chicken and 1 cup rice and vegetables.

Calories: 308	Total carbs: 29 g
Total fat: 7 g	Fiber: 6 g
Saturated fat: 2 g	Sugars: 5 g
Sodium: 475 mg	Protein: 35 g
Cholesterol: 78 mg	Potassium: 1043 mg



*Sources: Material provided by Teledoc Health, Inc
[American Diabetes Association \(ADA\). Non-Starchy Vegetables for Blood Glucose Control](#)



healthchats

UnitedAg's **HealthChats** webinar series offers practical health education for members, featuring medical professionals discussing topics like nutrition, mental health, immunizations, and chronic disease prevention.

The Spanish-language series, **CharlasSaludables**, provides the same resources for Spanish-speaking members. Each 30-minute session delivers actionable tips for healthier lifestyles, making wellness convenient and accessible. Together, these programs reflect UnitedAg's commitment to supporting members' well-being.

2026 WEBINAR SCHEDULE

Building Healthy Habits

Friday, March 20

English (11:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Safeguarding Your Mental Health

Friday, May 8

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Nutrition

Thursday, July 16

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Importance of Vaccines

Thursday, September 17

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Diabetes and Prediabetes

Thursday, November 19

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Mood and Food

Friday, December 4

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Register for HealthChats and CharlasSaludables using the links above or online at unitedag.org/healthchats. CharlasSaludables, the Spanish version of each webinar, is held on the same day as the English session at 3:00 pm.



WELLNESS IN 2026

At UnitedAg, a thriving workforce starts with health and well-being. Our 2026 wellness initiatives support mental and physical health, boost morale, and foster a positive workplace culture. Explore quarter one's initiatives and see what's ahead for 2026.

Ready to bring wellness to your workplace?

Contact your [Client Services Manager](#) and learn more!

QUARTER 1

JANUARY

Annual Check-Up

The Importance of Yearly Check-Ups

FEBRUARY

Building Healthy Habits for a Healthy Heart

Heart Health Awareness

MARCH

Understanding Autoimmune Diseases

Autoimmune Awareness

APRIL

See Your Best

Eye Health Awareness

MAY

Check In, Speak Out

Men's Mental Wellness Awareness

JUNE

Sleep Well, Live Well

Better Sleep Month

JULY

Soak Up the Sun Safely

UV & Sun Protection Awareness

AUGUST

Know the Signs

Ovarian Cancer Awareness Month

SEPTEMBER

Stay Healthy This Season

Flu & Immunization

OCTOBER

Early Detection Matters

Breast Cancer Awareness

NOVEMBER

Manage Your Risk

Diabetes Awareness Month

DECEMBER

Happy Gut, Healthy Life

Digestive Health Wellness



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

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

SmithRx (Pharmacy).....833.573.7797

Specialty Pharmacy Service.....800.223.4590

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:

unitedag.org/spd

UPCOMING EVENTS

health♥chats

[Building Healthy Habits Webinar](#)

Friday, March 20 | 11:00 AM

health♥chats

[Building Healthy Habits \(Spanish\)](#)

Friday, March 20 | 3:00 PM

AgCelerate

[UnitedAg 46th Annual Conference](#)

Wed - Thur, April 29 - April 30

[Paso Robles, CA](#)



thank you to our **CONTRIBUTORS**



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