

# HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING



## NEW BENEFIT AVAILABLE

Learn about benefitSMART. A new cancer and autoimmune support benefit.

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*Photo Courtesy of Paso Robles Wine Country Alliance*

# A NEW CANCER SUPPORT BENEFIT

To provide a patient-first solution for cancer and autoimmune care.

## bSMART Benefits at a Glance:



No Financial Burden – \$0 Out-of-Pocket for Covered Services



Faster Access to Care



Education, Support & Choice – Personalized guidance every step.



Expert Second Opinions – Confidence in your treatment decisions.

## Who is benefitSMART?

UnitedAg's benefitsSMART (bSMART) Cancer Solutions puts members first, offering a patient-centered approach to cancer and autoimmune care. Members gain faster access to treatment, expert second opinions, and personalized guidance, empowering them with the knowledge and support needed to make informed healthcare decisions.

With \$0 out-of-pocket costs for covered services, bSMART also helps ease the financial burden, allowing members to focus on their health and recovery.

If you would like to learn more about **bSMART Cancer Solutions** you can contact our **Member Services Team** and [download the flyer](#).

**Call: 800.223.4590**

**Text: 949.594.0788**

**Email: [memberservices@unitedag.org](mailto:memberservices@unitedag.org)**

## Patient Testimonial:

*“Eternally grateful. bSMART and this process has been beyond exceptional.”*

# See Your Best

## *Eye Health Awareness*

*Vision exams can help you stay healthy at any age.*

### Babies and Toddlers

Catching vision issues early is crucial to ensuring healthy eye development. Infants will likely have vision screenings at their pediatrician appointments. If their pediatrician notices anything of concern, they will refer you to an eye doctor for additional care. If everything looks good, children should receive their first full eye exam at three years old.

### Children

More than one in four school-age children have some form of a vision problem and this can impact their ability to learn. Schedule your child's yearly eye exam at the beginning of each school year.

### Adults

More than 12 million Americans over the age of 40 have some form of vision impairment. Even if you have 20/20 vision, annual eye exams are important. VSP network eye doctors can detect signs of more than 270 health conditions during your annual eye exam—including diabetes and high blood pressure, as well as eye conditions such as glaucoma and diabetic eye disease.

### What Do Your Eyes Say About Your Health?

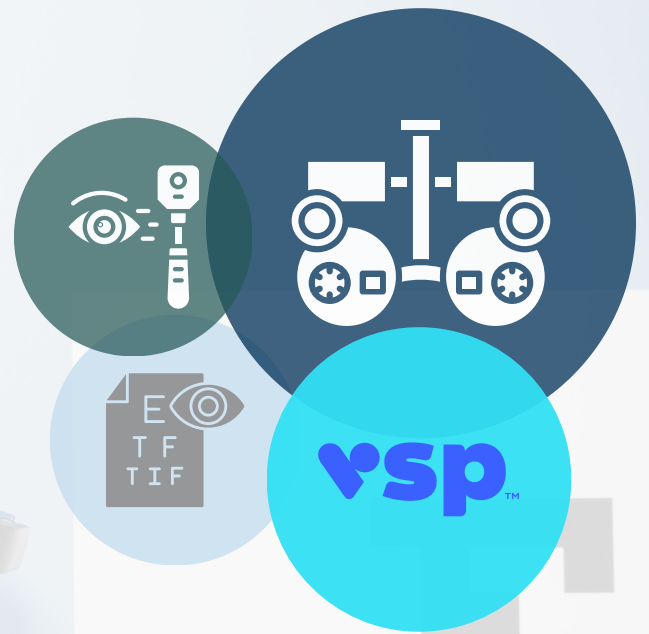
Caring for your eyes can help protect your overall health. Conditions like diabetes and high blood pressure can sometimes be detected early through changes in the eyes. A routine eye exam may reveal signs of these issues, helping you and your doctor address potential health concerns sooner.

### Common eye disorders and diseases

- **Cataracts:** Clouding of the eye's lens
- **Diabetic retinopathy:** Damage to blood vessels in the retina
- **Glaucoma:** Damage to the optic nerve, often linked to high eye pressure
- **Age-related macular degeneration:** Loss of central vision

### Common eye diseases among people with diabetes:

- Diabetic retinopathy can cause blindness if not treated
- Cataracts are more common in people with diabetes.
- Glaucoma can lead to vision loss or blindness if left untreated.



### Seniors

Age-related macular degeneration is the leading cause of vision loss and blindness among Americans aged 65 and older. Many of these eye diseases start with subtle symptoms. However, yearly eye exams can help prevent vision loss.



### Visit your eye doctor right away if you:

- See little black lines or spots that don't go away.
- Experience any red spots or fog.
- Have a sudden change in how clearly you see.
- Have trouble seeing colors.
- Take longer than usual to adjust to darkness.

Visit [vsp.com/eye-doctor](https://www.vsp.com/eye-doctor) or call **800.877.7195** (TTY: 711)

\*Sources:  
 • VSP Vision Care promotional flyer.  
 • Centers for Disease Control and Prevention (CDC)



# Know Your Vision Benefits:

## *Understanding VSP and How to Make the Most of It*

UnitedAg offers vision benefits through **VSP® Vision Care**. If you have vision coverage through your employer, now is the time to take full advantage of it.

As a **VSP® Vision Care member**, you have access to **vsp.com** and the **VSP Vision Care App**. Both offer easy navigation and a personalized dashboard, so you can get the benefit information you need, exactly when you need it.



Scan the QR code below or visit **[vsp.com/eye-doctor](https://vsp.com/eye-doctor)** to quickly find an in-network eye doctor near you.



### Access Your VSP Dashboard



Once logged in, **My Dashboard** is your homepage. You'll find a quick view of your benefit information, access your claim history, view and print your Member ID Card, and so much more.

### Personalized Benefits Section



The My Benefits tab shows your benefits history and an explanation of how you and your dependents can use your benefits.

### VSP Exclusive Member Extras



As a member you have access to exclusive offers totaling over \$3,000 in savings from VSP and other popular brands for your eye care and overall wellness needs. Log in to your VSP account and take advantage of these offers and save even more.

### Find a VSP Network Doctor



The search capabilities are endless on the **Find a Doctor** page.

- Simply type in your zip code or address to find a VSP network location near you.
- You can filter by language, services, products, and more.

**Maximize your savings when you visit a VSP Premier Edge™ location! Look for the orange indicator to find one near you.**

### Questions about your vision benefits?

Our Member Services Department is here to help.



800-223-4590



ENG TXT: 949-594-0788

SPN TXT: 949-524-4877

Create a **[vsp.com](https://vsp.com)** account to get the most out of your vision benefits.

\*Source: VSP Vision Care promotional flyer.



# Seasonal Allergies Are Coming: Survival Tips

No one is happy about having seasonal allergies.

The runny nose, itchy eyes, scratchy throat and accompanying fogginess affect people across the globe. When the weather goes from cool to warm or vice versa, these symptoms can hit you like a ton of bricks.



Worldwide between **10% and 30%** of the population has seasonal allergies.

## What can you do about seasonal allergies?

Treatments for seasonal allergies are highly effective. There are many over-the-counter medications and prescriptions that work well. Talk to your healthcare provider before taking any new medicine. There are also lifestyle changes you can make to ease symptoms.

Knowing your triggers and avoiding allergens is the first step. Your care provider may recommend treatments or medications to control inflammation and manage symptoms.

## Over-the-counter allergy treatments include:

### Antihistamines

These block the production of histamine, relieving runny noses, itching and sneezing

### Decongestants

These can reduce stuffiness. This helps make it easier to breathe.

### Corticosteroids

These reduce inflammation and help control itching, sneezing and nasal symptoms.

### Saline Eye Drops

Moisture from eye drops and nasal sprays helps ease itchy eyes and nasal passages.

## Simple lifestyle changes include:

- **Staying hydrated** to support your immune system and overall health.
- **Checking your local allergy forecast** to be prepared. You can check pollen levels online or by using your favorite weather app. Know which activities to avoid and when.
- **Getting enough sleep**—the recommended seven to nine hours each night—to support your immune system and keep you energized.
- **Managing stress** through physical activity, mindfulness, music, writing or other creative outlets to reduce the risk of a weakened immune system.
- **Balancing nutrition** by including colorful fruits and vegetables, lean proteins and whole grains for a wide variety of vitamins and minerals.

\*Source: Material provided by Teladoc Health, Inc



## Support Your Immune System:

Consider the following to help naturally boost your immune system:



### Beta-carotene

Try sweet potatoes, spinach, carrots, mangos, grapes, peaches and more.



### Vitamin C

Eat citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



### Vitamin D

Eat fatty fish, eggs, fortified milk and other dairy products.



### Zinc

Try beef, seafood, wheat germ, beans, nuts and tofu.



### Probiotics

Include cultured dairy products like yogurt and kefir, and fermented foods like sauerkraut, kimchi, miso and tempeh.



### Protein

Find it in milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



### Honey

Contains antimicrobial agents with potential health benefits. It can also help soothe sore throats and coughs.

## try a Golden Latte

Makes: 1 Serving | Prep: 3 min | Cook: 5 min

Try this warm, toasty drink: a golden latte is a comforting blend of turmeric and spices like cinnamon and ginger, known for its anti-inflammatory, antioxidant, digestion-supporting, and relaxing properties.

### Ingredients:

- 1 cup unsweetened, low-fat milk of your choice
- 1 tsp ground turmeric

### Preparation:

Whisk the ingredients together in a small saucepan over low heat until warm and well combined. Do not let it boil. Heat for 2–3 minutes, stirring or whisking occasionally until steaming and lightly frothy. Add sweetener to taste.



- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cardamom
- 1 tsp honey (or maple syrup)

### Nutrition (Per serving):



Calories: 125 | Total fat: 3 g | Saturated fat: 0 g  
Sodium: 102 mg | Cholesterol: 0 mg  
Total carbs: 25 g | Fiber: 3 g | Sugars: 11 g  
Protein: 3 g | Potassium: 437 mg

\*Source: Material provided by Teladoc Health, Inc



# *April Is* **NATIONAL STRESS AWARENESS MONTH**

Each April, **National Stress Awareness Month** is an opportunity to reflect on how you can support yourself and others in reducing stress. Stress can affect your mental well-being in many ways, from anxiety and depression to burnout and emotional exhaustion. Over time, it can break down resilience and make you feel powerless and overwhelmed. Chronic stress can also take a toll on physical health, increasing the risk for heart attacks, high blood pressure, and stroke.

*There are many different strategies that can help you cope with stress effectively:*

### **Boundries:**

Learn to say no to demands and commitments that contribute to stress overload. Setting boundaries will empower you to prioritize your well-being and focus on what truly matters.

### **Hobbies and activities:**

Dedicate time to activities that bring you joy and fulfillment. Whether it's art, crafts, music, gardening, or sports, hobbies offer a break from stress that refreshes your spirit.

### **Healthy lifestyle habits:**

Prioritizing self-care through adequate sleep, nutritious eating, regular physical activity (as you are able), and relaxation techniques can fortify your body and mind against the effects of stress.

It's not easy to reduce stress, so don't hesitate to reach out to Spring Health for support if you feel overwhelmed. Book a therapy session, explore self-guided exercises, or speak to a Care Navigator about how they can support you.

### **Time management**

Sometimes, stress is a result of poor time management. Creating a structured daily schedule and setting realistic priorities can help you better manage your time and reduce feelings of overwhelm.

### **Relaxation techniques:**

Deep breathing exercises, meditation, yoga, and progressive muscle relaxation can help calm your mind and reduce the physical effects of stress.

### **Mindfulness and gratitude:**

Practicing mindfulness and gratitude can help you stay present, focus on the positive aspects of your life, and reduce stress.



**Activate your benefits:**

[unitedag.springhealth.com](https://unitedag.springhealth.com)



**Are you in a crisis?:**

Call 1.855.629.0554 and select Option 2.



# *Who are UnitedAg* **MEMBER AMBASSADORS?**

Where members can be a voice for their community.

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## **What is the Member Ambassador Program?**

Since 2018, the UnitedAg Member Ambassador Program has empowered workplace health champions to lead impactful wellness efforts. Ambassadors bring initiatives like on-site biometric screenings, flu shots, and other engaging activities directly to employees.

Eligible companies in the UnitedAg Health Benefits Trust with 40+ employees can participate by appointing a wellness ambassador. Participants receive tools, education, and support to create engaging, effective wellness programs.

## **Meet Veronica Blanco**

Veronica Blanco, Director of Human Resources at Innovative Produce & Faith Farming, has been a key member of the UnitedAg Ambassador Program since 2018. She partners with UnitedAg to support engaging wellness initiatives that promote employee health and well-being.

Veronica shared, “Health insurance can be complex to understand, and the Ambassador Program has given me the space to ask questions I wouldn’t have otherwise asked. I’ve become more informed about our plan and offerings through this program, and it has helped me feel more confident in understanding our benefits and the offerings available to us.”

Together, this partnership continues to strengthen understanding of available benefits for both employers and employees while supporting overall wellness engagement.

For more information about the program, visit [unitedag.org/ambassador](https://unitedag.org/ambassador).

Ambassador Spotlight: Veronica Blanco  
[Innovative Produce & Faith Farming | Santa Maria, CA](#)



# healthchats

UnitedAg's [HealthChats](#) webinar series delivers practical health tips from medical professionals covering nutrition, mental health, immunizations, and chronic disease prevention.

[CharlasSaludables](#), the Spanish-language series, offers the same valuable insights for Spanish-speaking members. Each 30-minute session is packed with actionable advice to support healthier lifestyles—making wellness simple, convenient, and accessible. Together, these programs highlight UnitedAg's commitment to member well-being.

## 2026 WEBINAR SCHEDULE

### Building Healthy Habits

Now available on YouTube.

[Watch the English Webinar](#)

[Watch the Spanish Webinar](#)

### 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 Charlas Saludables at [unitedag.org/healthchats](https://unitedag.org/healthchats). Charlas Saludables—the Spanish version of each webinar is held the same day as the English session at 3:00 PM. Missed a session? Watch past webinars anytime on YouTube at [youtube.com/@unitedag](https://youtube.com/@unitedag).



# 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

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Annual Check-Up  
*The Importance of Yearly Check-Ups*

### FEBRUARY

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Building Healthy Habits for a Healthy Heart  
*Heart Health Awareness*

### MARCH

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Understanding Autoimmune Diseases  
*Autoimmune Awareness*

## QUARTER 2

### APRIL

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See Your Best  
*Eye Health Awareness*

### MAY

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Check In, Speak Out  
*Men's Mental Wellness Awareness*

### JUNE

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Sleep Well, Live Well  
*Better Sleep Month*

## QUARTER 3

### JULY

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Soak Up the Sun Safely  
*UV & Sun Protection Awareness*

### AUGUST

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Know the Signs  
*Ovarian Cancer Awareness Month*

### SEPTEMBER

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Stay Healthy This Season  
*Flu & Immunization*

## QUARTER 4

### OCTOBER

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Early Detection Matters  
*Breast Cancer Awareness*

### NOVEMBER

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Manage Your Risk  
*Diabetes Awareness Month*

### DECEMBER

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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](mailto:memberservices@unitedag.org)

Member Advocate Service.....800.223.4590  
[memberadvocate@unitedag.org](mailto: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](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)

### Quick Guide

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

### Summary Plan Description (SPD)

English & Spanish:

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

### Digital Health Pass

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

## UPCOMING EVENTS *(CLICK ON THE LINKS TO LEARN MORE)*



**Monterey Fashion Show**  
[Friday, April 17 | 10:30 AM](#)  
[Pebble Beach, CA](#)



**UnitedAg 46th Annual Conference**  
[Wed - Thur, April 29 - April 30](#)  
[Paso Robles, CA](#)



**Safeguarding Your Mental Health**  
[Friday, May 8 | 10:00 AM](#)

*thank you to our*  
**CONTRIBUTORS**



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your inbox and stay  
informed, inspired, and  
well—every month.

