

HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING

SAIN MEXICO CROSS-BORDER BENEFIT

Explore enhanced benefits inside, including a travel benefit of up to \$2,500 for qualified travel.



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ENHANCED SAIN MEXICO MEDICAL NETWORK BENEFIT

UnitedAg health plan participants have access to the SAIN Mexico Medical Network, a trusted network of experienced physicians, specialists, hospitals, and surgical centers that provides high-quality, affordable healthcare across select cities in Mexico. Members can access specialty care, surgical procedures, dental services, and other medical treatments while maximizing their health plan benefits.

New Benefit Enhancement: Eligible members can now receive up to \$2,500 in travel reimbursement for pre-approved surgical procedures coordinated through the SAIN Mexico Medical Network. This added benefit helps offset eligible travel expenses, making it even easier and more affordable to access exceptional care through the SAIN network. Contact the SAIN Care Coordination team to determine eligibility and arrange your care before scheduling your procedure.

Benefits Include:

- Access to over 150+ certified physicians and specialists
- Family medicine, specialty care, urgent care, and dental services
- Radiology and pharmacy benefits
- Available in Tijuana, Mexicali, Los Algodones, and San Luis Rio Colorado
- Cost-effective care with applicable plan copays
- Mexico Travel Benefit of up to \$2,500 annually for eligible travel, lodging, meals, and related expenses for qualified patients and a companion*
- Available to eligible UnitedAg health plan participants, including HSA members

Contact:

For pre-authorization, travel assistance, or to learn more:

- **Call:** 760.222.3809 or 011.52.653.536.7800 ext. 1
- **Email:** info@sainmedical.com
- **Visit:** sainmedical.com

**Subject to plan eligibility and pre-authorization requirements.*





Soak Up The Sun Safely:

UV & Sun Protection Awareness

MONTHLY WELLNESS INITIATIVE SPOTLIGHT

Summer means longer days outdoors, and for many UnitedAg families, that is simply daily life. Protecting your skin does not mean staying indoors. It means building a few simple habits into the routine you already have, at work and at home.

Know The Risk

Protection from UV rays matters all year, but summer brings more time outdoors and more exposure to it. UV rays can reach skin even on cloudy and cool days, and they reflect off water, cement, sand, and snow. That is what makes sun protection a year round habit, especially during summer.

Agricultural workers are among those in the workforce who may face increased skin cancer risk due to high UV exposure, and nearly 5 million people are treated for skin cancer annually in the United States. The encouraging part is that ag workers are already ahead on one front, with about 71 percent regularly wearing at least one type of protective clothing, well above general population rates. The next step is bringing that same commitment to shade and sunscreen.

Sunscreen Without The Hassle

Summer means longer days outdoors, and for many UnitedAg families, that is simply daily life. Whether you are out in the fields, managing a crew, or coaching your kid's weekend game, the sun is part of the season. Protecting your skin does not mean staying indoors or missing out. It means building a few simple habits into the routine you already have, at work and at home, so you can enjoy the outdoors all season long.

Protect Yourself

Cover Up

Long sleeved shirts and long pants made of tightly woven fabric offer strong protection, and a wet shirt provides much less coverage than a dry one.

Choose A Wide Brim Hat

A hat with a brim all the way around shades the face, ears, and neck best, and a tightly woven fabric like canvas works well. If a baseball cap is more practical for the job, pair it with sunscreen or a cloth on the neck and ears.

Protect Your Eyes

Sunglasses that block both UVA and UVB rays reduce cataract risk and protect the delicate skin around the eyes, and wrap around styles offer the best

Shade

Use shade when possible. A shelter, umbrella, or tree can help protect skin during breaks. When shade is not an option, lean on sunscreen, hats, and long sleeves instead.





Sunscreen Tips

-  **Try a different formula.** Lightweight or "dry touch" sunscreens skip the greasy feeling, and a spray or stick version goes on faster than lotion.
-  **Let clothing do some of the work.** Long sleeves, a wide brim hat, and shade during breaks all reduce how often you need to reapply, so sunscreen becomes a backup rather than the only line of defense.
-  **Build it into something you already do.** Keep a small bottle wherever you already stop, the truck, the toolbox, the cooler, so putting it on takes ten seconds instead of a special trip.
-  **Start smaller than you think.** Even sunscreen on just the ears, neck, and hands, the spots clothing usually misses, makes a real difference. It does not have to be all or nothing.
-  **Do not forget the lips.** A lip balm with SPF covers a spot that is easy to overlook and gets just as much sun exposure as anywhere else.
-  **Set a simple reminder to reapply.** Every two hours is the general rule, so tying it to something predictable, like a scheduled break, makes it easier to remember.

Small Habits, Real Protection

Incorporating these tips does not mean giving up time outdoors. Shade, clothing, sunscreen, and eye protection are simple habits that add up to real, lasting protection, paying off in healthier years ahead for you and everyone around you.

Sun Safety Myths

Wearing sunscreen does not mean you can stay in the sun all day. No sunscreen blocks everything, so shade and clothing still matter even while applying SPF.

Skin cancer can affect anyone, regardless of skin tone. People with darker skin have a lower overall risk, but melanoma often appears in less expected spots, like the palms, soles, or under the nails. A quick skin check now and then is worth it for the whole family, along with a yearly visit to a dermatologist. Early detection gives you the best chance at successful treatment.

United Ag Resources

If you find a concerning spot or mole, or simply want to schedule your dermatologist appointment, UnitedAg is here to help.

- Find a Provider: unitedagbenefits.org
- Teladoc Health: teladoc.com/unitedag

We're Here to Help

Call or text our Member Services team for assistance.

- Call Us: 800.223.4590
- Text Us: 949.594.0788

Sources:

- CDC, "Sun Safety Facts," cdc.gov/skin-cancer/sun-safety
- CDC, "Reducing Risk for Skin Cancer," cdc.gov/skin-cancer/prevention
- CDC, "Skin Cancer Prevention Among Agricultural and Construction Workers," Preventing Chronic Disease, 2019
- American Cancer Society, "Fact vs. Fiction: Skin Cancer, Sun Safety," 2024
- USDA Forest Service, "Sun Safety"
- Farm Bureau Financial Services, "5 Sun Safety Tips for Farmers"



HEALTHY SNACKS FOR ROAD TRIPS & SUMMER OUTINGS

Teladoc
HEALTH

When the weather is warmer, everyone wants to be outside.

That means taking it to parks, patios and sidewalks for visiting with friends, being active and eating. Temperate times are also peak season for road trips, both short and long.

When spending time outside or on the go, it's important to make sure everyone is fed and hydrated. Hungry and thirsty companions generally do not make for patient travelers and/or picnickers.

Relying on expensive meals or takeout on the road adds up, and the options are not always healthy. The best way to avoid relying on fast food kids' meals, salt- and fat-filled entrees and tapping out your budget is to be creative.

SNACKLE BOXES

There are many options, and opinions, when it comes to how to pack your go-snacks. Some rely on containers of assorted sizes that can be passed and shared. These require less time to pack because you're filling all of the containers once. They also require that a sharing spirit be present in your car or on your beach blanket.



For many, the best option is a “snackle” box. The name came from people using actual fishing tackle boxes to store assortments of snacks. It's like a bento box with compartments that can hold single servings of things like carrots and pretzels but also dips and spreads. Now there are sectioned boxes available in grocery stores and mass retailers made specifically for packing snacks.

Depending on the size of the snackle box, there could be one for each member of your party, customized with the treats they prefer. Pack them in a cooler with a variety of healthy drinks to keep them fresh and ready to be enjoyed.

ADD VARIETY

To keep everyone happy and satiated, snacks should come from various flavor profiles—salty, sweet, savory, sour and spicy. Think out of the box (pun intended) when choosing options. Soups, salads and anything super smelly are probably not good on the go. However, simple leftovers like cold grilled chicken or pancakes could be great.

Consider options from the following groups to create balanced and healthy snacks:

Protein:

- Meat or plant-based jerky
- Yogurt cups or pouches
- Roasted chickpeas
- Ham or turkey roll-ups
- Hummus cups
- Nut Butter cups
- Cubbed or string cheese



Fruit:

- Apple slices
- Grapes (frozen or fresh)
- Fruit sauce pouches
- Whole clementines
- Fruit leathers or bars
- Dried bananas or mangos
- Mixed berries



Veggies:

- Baby carrots
- Pickles
- Cucumber chunks
- Broccoli florets
- Mini pepper halves
- Jicama sticks with chili-lime seasoning



Fun Foods:

- Whole-grain crackers
- Pretzels
- S'mores snack mix
- Homemade butter and jelly sandwiches
- Dark chocolate squares



Adapted from materials provided by Teladoc Health.



HEALTHY SNACKS

FOR ROAD TRIPS AND SUMMER OUTINGS

SWEET AND SPICY ROASTED CHICKPEAS

MAKES: 16 SERVINGS | PREP 5 MIN | COOK: 45 MINS

Crunchy and full of flavor, this pantry staple is transformed into a super snack in a couple of simple steps.

Ingredients:

- 4 Tbsp olive oil
- 4 cups cooked or canned chickpeas, drained and patted dry
- ½ tsp ground cayenne pepper
- 2 Tbsp brown sugar
- 1 tsp kosher salt
- ½ tsp black pepper

Preparation:

Preheat oven to 425°F. In a large, zip-top bag, combine olive oil and chickpeas. Seal top and shake until all chickpeas are coated. Set aside. In a small bowl, combine remaining ingredients. Add spice mixture to zip-top bag, reseal and shake until all chickpeas are coated. Spread chickpeas in one layer on a large baking sheet. Roast in preheated oven for 35-45 minutes, stirring every 10 minutes, or until crunchy and browned.

Nutrition:

Serving size: ¼ cup

- Calories: 87
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Fiber: 2 g
- Protein: 3 g
- Total Fat: 4 g
- Sodium: 206 mg
- Total Carbs: 10 g
- Sugars: 3 g
- Potassium: 43 mg

S'MORES SNACK MIX

MAKES: 16 SERVINGS | PREP 5 MIN

Recreate the delicious fireside flavors so they can be enjoyed on the go.

Ingredients:

- 12 oz bag, dark chocolate chips
- 10 oz bag, mini marshmallows
- 10 oz package, mini graham crackers, in one or many shapes (bear, bunny, fish or squares)

Preparation:

Combine all ingredients in a large bowl. Store in an airtight container or separate into single-serve size zip-top bags. Note: The graham crackers will soften slightly with time as they take on the moisture of the marshmallows.

Nutrition:

Serving size: ¼ cup

- Calories: 223
- Saturated Fat: 8 g
- Cholesterol: 0 mg
- Fiber: 2 g
- Protein: 3 g
- Total Fat: 8 g
- Sodium: 105 mg
- Total Carbs: 41 g
- Sugars: 25 g
- Potassium: 102 mg





THE IMPORTANCE OF FAMILY MENTAL HEALTH CARE

No two families are alike — each one has a blend of unique personalities, dynamics, and challenges.

With the right support, individuals, couples, and children can improve their emotional well-being, enhance communication, and build healthy family relationships.



LOOKING FOR FAMILY MENTAL HEALTH SUPPORT?

With Spring Health, you have fast access to specialized care and resources for your family.

Activate your account to book an appointment or speak with a Care Navigator about how we can support you.

WHAT IS A CARE NAVIGATOR?

Licensed Spring Health Care Navigators help members navigate their care with personalized recommendations, scheduling assistance, and regular check-ins.



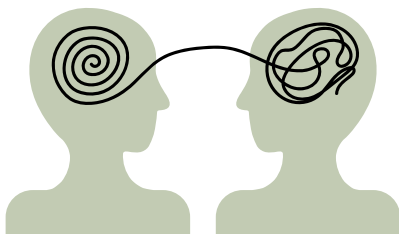
INDIVIDUAL THERAPY FOR ADULTS

Individual therapy plays a major role in improving family relationships. It helps individuals become more self-aware, explore patterns of thinking and behavior, and work through personal challenges that may affect how they show up in the family. By addressing unresolved issues from the past, individuals can reduce emotional reactivity within current relationships.

A therapist can also help individuals establish healthy boundaries with family members and communicate their needs effectively.

COUPLES THERAPY

When conflict and tension exist within a couple's relationship, it can impact other family members, particularly children.



Couples therapy addresses interpersonal dynamics and can improve the overall functioning of the family unit.

FAMILY THERAPY

Individual struggles and challenges often have ripple effects. Family therapists work with multiple family members to help them communicate effectively and better understand and support each other.

CHILD AND ADOLESCENT THERAPY

Therapy helps children and teenagers build resilience, learn essential life skills, and establish a strong foundation for their future growth. It can have long-lasting positive effects on a child's emotional well-being, relationships, and overall development.

PARENT COACHING

Coaches provide practical strategies and guidance to help parents become more confident in their parenting skills, navigate the challenges of raising children, improve communication, and set goals to build stronger family relationships.

ACTIVATE YOUR BENEFITS TODAY

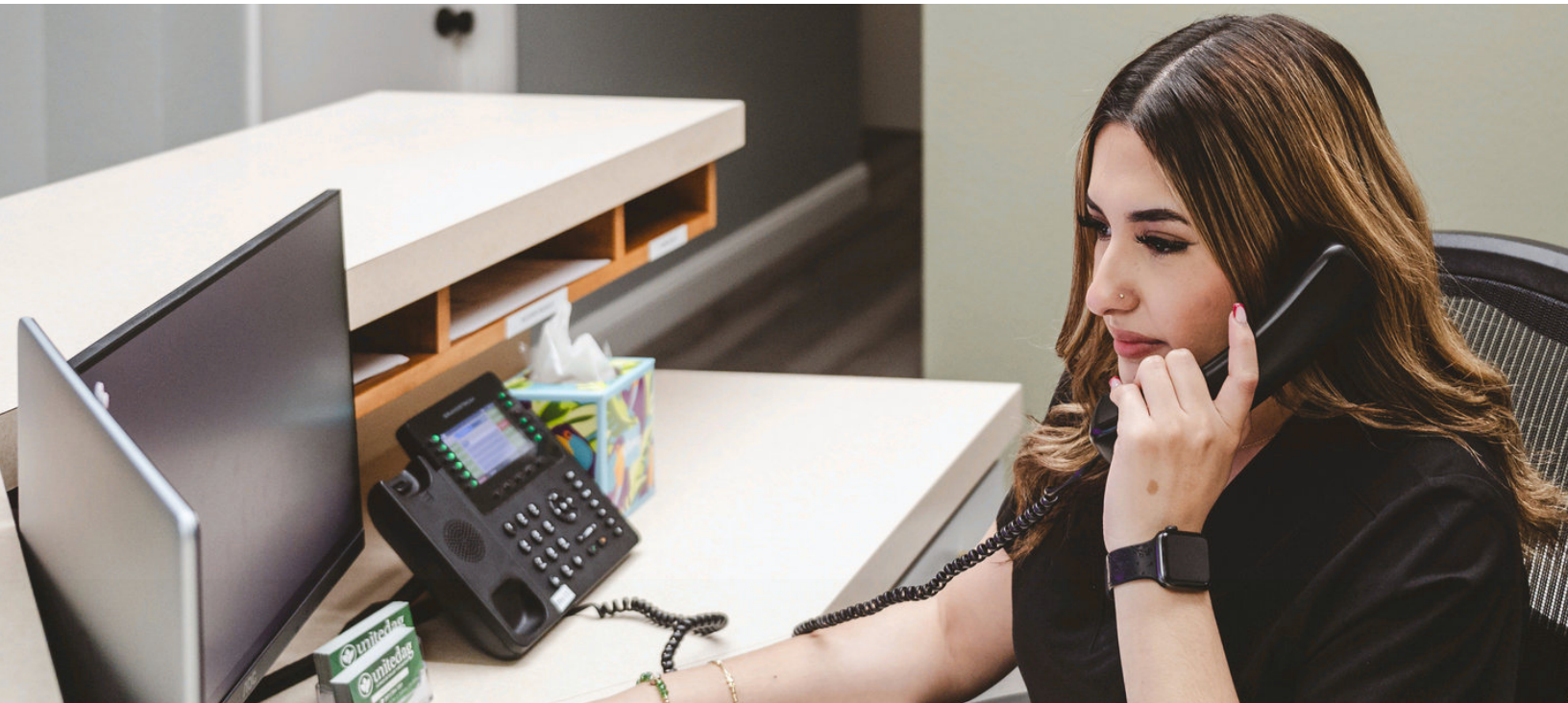
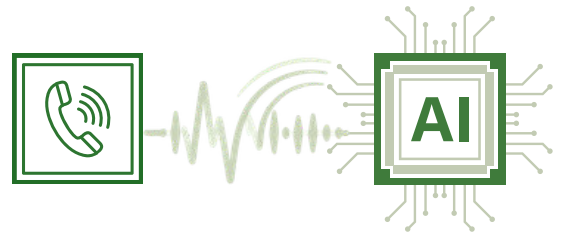
unitedag.springhealth.com

NEED HELP?

Call Us: 800.223.4590 OR Text Us: 949.594.0788

*Adapted from materials provided by Spring Health.

Meet Silvia



Who is Silvia?

Silvia is UnitedAg's new AI-powered provider self-service voice assistant, designed to help providers access routine information quickly and efficiently.

Enhancing the member experience.

UnitedAg is committed to providing timely access to support while maintaining the personalized service our Member Services team is known for.

Following an initial call screening, providers with routine requests may be connected to Silvia for faster assistance.

By handling common inquiries, Silvia helps streamline the experience while allowing our Member Services representatives to focus on more complex needs. When additional assistance is needed, providers are seamlessly connected to a Member Services representative.



Confirm Coverage

Verify eligibility and active coverage details.



Get Claim Updates

Check claim status and payment information.



Track Your Request

Receive a reference number for your inquiry.

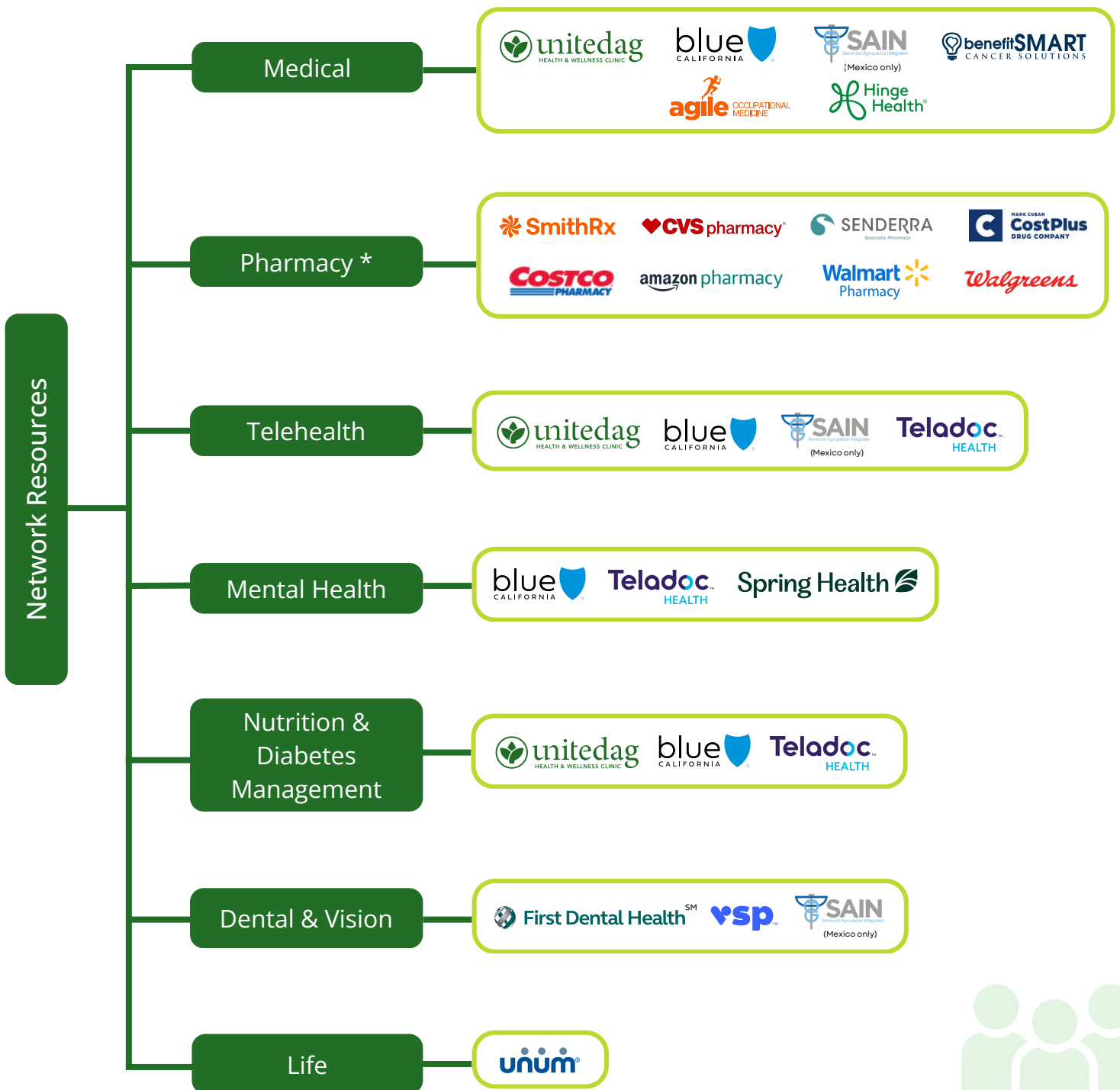


Connect With Our Team

Get connected to Member Services when additional support is needed.



YOUR HEALTH NETWORK OVERVIEW



***More than 65,000 pharmacies nationwide.**

For more information visit: unitedag.org/networks



Your Partner for Pain Relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals - and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes

Scan the QR code or visit:
hinge.health/unitedag-join



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



Hinge Webinar
August 20th
12 PM (PST)
unitedag.org/hinge

*Not eligible for HSA plans.

*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

Members and dependents 18+ enrolled in an UnitedAg medical plan are eligible.

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

Friday, March 20

Now available on YouTube.

Watch via youtube.com/@unitedag.

Importance of Vaccines

Thursday, September 17

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

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

Safeguarding Your Mental Health

Friday, May 8

Now available on YouTube.

Watch via youtube.com/@unitedag.

Diabetes and Prediabetes

Thursday, November 19

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

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

Mood and Food

Thursday, July 30

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

Spanish - 4:00 pm: [Register](#)

Nutrition

Friday, December 4

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

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

Register for HealthChats and CharlasSaludables at unitedag.org/healthchats or scan the **QR code below**. 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.



Scan the QR code to register for HealthChats and CharlasSaludables online or visit: unitedag.org/healthchats

**Webinar schedule and topics are subject to change.*





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 clientservices@unitedag.org to 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

QUARTER 2

APRIL

See Your Best

Eye Health Awareness

MAY

Check In, Speak Out

Men's Mental Health Awareness

JUNE

Sleep Well, Live Well

Better Sleep Month

QUARTER 3

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

QUARTER 4

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

Digital Health Pass

unitedag.org/digitalhealthpass

UPCOMING EVENTS

(SCAN THE QR CODES BELOW TO LEARN MORE & REGISTER)



ops forum

Webinar: AEF Scholarships Recording
Now Available on Demand



healthchats

Webinar: Mood & Food
Thursday, July 30 | 10:00 AM

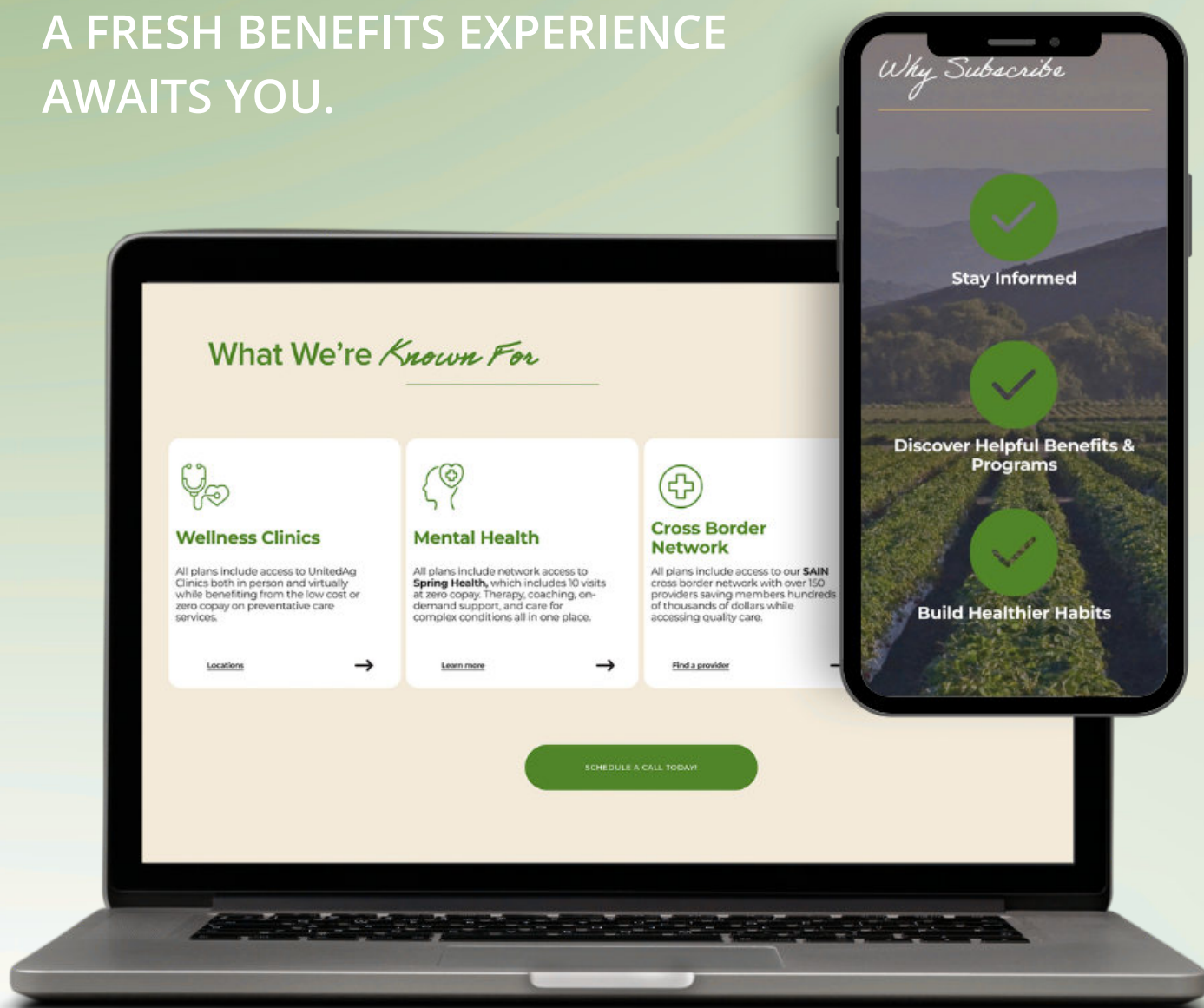


Watch our story by visiting: "[United in the Fields](#)" or scan the QR code.



DISCOVER THE NEW UNITEDAG HEALTH BENEFITS WEBSITE

A FRESH BENEFITS EXPERIENCE
AWAITS YOU.



VISIT [UNITEDAGBENEFITS.ORG](https://unitedagbenefits.org)

thank you to our CONTRIBUTORS

