

HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING

GET YOUR FLU SHOT FOR \$0

One more benefit of being a UnitedAg member: flu shots are available at no cost through your health benefits.

Visit your nearest UnitedAg Health & Wellness Clinic to get yours.*

*Call your local clinic to confirm vaccine availability before visiting.

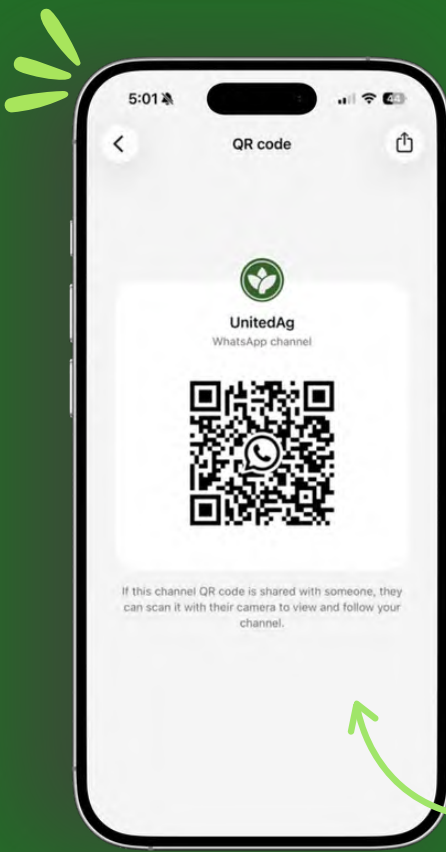


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FOLLOW OUR WhatsApp Channel

Get the latest UnitedAg news, clinic updates, benefit reminders and more – delivered straight to your phone.



Important
Updates



Event
Announcements



Health &
Wellness Tips



Member
Resources

Scan to join!

Staying Informed

UnitedAg Is Now on WhatsApp!

Staying connected to your UnitedAg benefits just got easier. UnitedAg is excited to launch our new WhatsApp Channels in English and Spanish, giving members another convenient way to receive important information directly on their phones.

Our WhatsApp Channels are designed to help you get the most out of your UnitedAg benefits by keeping helpful resources and timely updates at your fingertips. Members can follow the channel that works best for them and receive information in either English or Spanish.

Through the channels, you'll find updates on benefits and programs, Health & Wellness Clinics, upcoming events and webinars, health and wellness campaigns, important reminders, and member resources available through UnitedAg and our partners.

Whether we're announcing a new resource, reminding you about an upcoming webinar, or sharing ways to take advantage of your benefits, WhatsApp provides a simple way to stay informed wherever you are.

Follow UnitedAg on WhatsApp today!

Scan the QR code for your preferred English or Spanish channel and start receiving the latest UnitedAg updates right on your phone.

Stay connected. Stay informed. Make the most of your UnitedAg benefits.

A Healthy Smile Starts with You



Between work, family, and everything on your calendar, it can be easy to put off a dental appointment, especially when your teeth feel fine. But caring for your smile deserves a place in your wellness routine. Daily dental hygiene and regular checkups help you stay comfortable, enjoy your favorite foods, and protect your oral health at every age.

What is Dental Hygiene?

Dental hygiene means keeping your teeth, gums, and mouth clean. Brushing and cleaning between your teeth remove plaque, a sticky film of bacteria that can contribute to cavities and gum disease. Plaque that stays on your teeth can harden into tartar, which requires professional removal by a dentist or dental hygienist. **Your daily routine and dental visits work together to keep your smile healthy.**

Dental Health Impacts Your Overall Health

Healthy teeth and gums help you chew, speak, and enjoy everyday life. Untreated dental problems can lead to pain, infection, and tooth loss, making something as simple as eating a meal more difficult.

Oral health is especially important for people living with diabetes. **High blood sugar** can increase the risk of oral infections, and gum disease may be more severe or take longer to heal. **Gum disease** can also make **diabetes harder to manage**. Let your dentist know about any health conditions or changes in your medications so they can better understand your needs.

Make Time for Routine Checkups

You do not have to wait for a toothache to schedule a visit. Some dental concerns develop without noticeable symptoms. Regular checkups help your dentist identify problems early, when treatment may be simpler and more affordable. Visits may include a professional cleaning, an examination of your teeth and gums, and an oral cancer screening. Your dentist will determine whether X-rays are needed.

How often should you go? Your age, oral health, and individual needs all help guide the schedule:

- **Babies:** Schedule the first dental visit when the first tooth appears, no later than the first birthday.

- **Children and teens:** Checkups are generally recommended every six months, with adjustments based on their needs.
- **Adults and older adults:** Ask your dentist which schedule is right for you. Some people need visits once or twice a year, while others need more frequent care. Discuss concerns such as dry mouth, gum disease, or difficulty brushing and flossing.

Keep Your Smile Healthy Between Visits

Small, consistent habits can make a difference:

- Brush twice a day for two minutes with fluoride toothpaste.
- Clean between your teeth daily with floss or another tool recommended by your dental professional.
- Limit sugary snacks and drinks, and avoid tobacco.
- Help young children brush thoroughly as they build their own routine.

If you notice bleeding or swollen gums, tooth pain, persistent sensitivity, or a mouth sore that is not going away, contact your dentist instead of waiting for your next checkup.

Whether you are keeping up with regular visits or getting back into a routine, your next step can be simple: set aside time for daily care and schedule your next dental appointment. Your smile deserves care through every season of life.



Looking for a Dentist in Network?

If you don't have a dentist, explore your dental network to find a provider near you.

fdh.go2dental.com/searchprov.cgi

Need UnitedAg Support?

Call Us: 800.223.4590

Text Us: 949.594.0788

Sources:

- National Institute of Dental and Craniofacial Research: [Oral Hygiene](#)
- American Dental Association, MouthHealthy: [Common Questions About Going to the Dentist](#) and [Oral Health Recommendations](#)
- American Academy of Pediatric Dentistry: [Frequently Asked Questions](#)
- Centers for Disease Control and Prevention: [Oral Health and Diabetes](#)



Sweet Treats, Healthy Teeth

Enjoy Halloween treats while caring for your smile.

Halloween brings plenty of opportunities to enjoy something sweet, from trick-or-treat bags to the office candy bowl. A few thoughtful choices can help you enjoy the festivities and keep your dental habits on track.

When you eat sugary foods, bacteria in your mouth use those sugars to produce acids. These acids can weaken enamel, the protective outer layer of your teeth. Frequent snacking on sweets repeatedly exposes teeth to acids, increasing the risk of cavities over time. How often you reach for a treat matters alongside what you choose.

Make a Plan for Your Treats

Choose a small portion to enjoy with or shortly after a meal instead of grabbing candy throughout the day. Your mouth produces more saliva during meals, which helps clear food particles and neutralize acids.

At home, let everyone pick a few favorites and put the remaining candy away to help reduce constant snacking. At work, try saving your treat for lunchtime.

Make a Plan for Your Treats

Some treats linger on teeth longer than others. Keep these differences in mind:

- **Plain chocolate:** Generally washes away more easily than sticky candies. Chocolate with caramel or other sticky fillings may cling to teeth.
- **Gummies, caramel, and taffy:** Can stick to teeth, prolonging contact with sugar.
- **Sour candies:** Contain acids that can damage enamel.
- **Hard candies:** Keep sugar in contact with teeth as they dissolve. Biting down on them can also break a tooth.

Keep Water Close By

Drink water after enjoying sweets to help wash away leftover food. Choose water instead of soda, juice, or sweetened drinks so you are not adding another source of sugar. Fluoridated tap water also helps protect teeth against cavities.



Protect Your Everyday Routine

A busy evening of costumes and celebrations can make it tempting to rush bedtime. Keep these habits part of your day:

- Brush twice daily for two minutes with fluoride toothpaste.
- Use a soft-bristled toothbrush and clean all tooth surfaces.
- Clean between teeth once a day with floss or another interdental cleaner.
- Help young children brush thoroughly.
- After bedtime brushing, avoid more candy or sugary drinks.



For a little Halloween fun, let children choose a toothbrush in their favorite color or use a two-minute song as a brushing timer.

Make Room for Other Kinds of Treats

Celebrations can include stickers, coloring activities, or other age-appropriate giveaways. These offer a fun alternative to another handful of candy and help keep the focus on enjoying the occasion together.

Keep Your Smile Healthy Beyond Halloween

Continue regular dental visits for cleanings and exams, and ask your dentist how often you should return based on your needs. Consistent care and mindful treat habits can help protect your smile long after the costumes are packed away.

Sources:

- National Institute of Dental and Craniofacial Research (NIH): [The Tooth Decay Process: How to Reverse It and Avoid a Cavity](#)
- American Dental Association: [Halloween Candy: Your Dental Health Survival Guide](#)
- American Dental Association: [Brushing Your Teeth](#)
- American Dental Association: [Water Is the Best Beverage for Your Teeth](#)



MORE SUPPORT, MORE GUIDANCE: MEET YOUR UNITEDAG CLINICAL TEAM



Julie Castaneda
Case Management RN



Alex Nava
Case Management RN

Expanding Our Clinical Support for Members

UnitedAg is pleased to welcome two experienced registered nurses to our clinical team, strengthening the personalized support available to members throughout their healthcare journey. Julie Castaneda, RN, CCM, and Alex Nava, RN, bring extensive experience in care management and supporting individuals with complex healthcare needs.

In their new roles, Julie and Alex will work directly with members who may need additional guidance navigating their care. From coordinating services and managing chronic conditions to connecting members with providers and valuable resources, their focus will be on making healthcare easier to navigate while supporting better health outcomes.

Julie Castaneda, RN, CCM

Julie Castaneda is a bilingual, Spanish-speaking registered nurse and Certified Case Manager with 12 years of healthcare experience, including four years in managed care supporting high-risk senior populations. Her experience includes providing comprehensive wraparound services to help patients navigate complex healthcare needs.

At UnitedAg, Julie will focus on care coordination, member advocacy, chronic disease management, and transition-of-care support, helping members better understand and manage their healthcare journey.

Alex Nava, RN

Alex Nava brings valuable experience as an RN Care Manager, where he managed and reviewed NFLOC cases for dual-eligible patients. He has supported high-acuity, complex Medicare populations through patient education and coordinated care, helping individuals navigate medical, behavioral, and social needs.

At UnitedAg, Alex will help members coordinate care, understand available resources, connect with providers, and receive the support they need throughout their healthcare experience.

Please join us in welcoming Julie and Alex to the UnitedAg team!



Scan to email
clinical team



A HEALTHY SEASON STARTS WITH YOU

Get your flu shot and help protect yourself,
your team, and those around you.

Visit: [cdc.gov/flu](https://www.cdc.gov/flu) to learn about the flu.



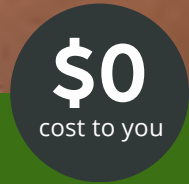
Why Get Your Flu Shot?

Flu can spread quickly and may lead to missed work, serious illness, and complications. Getting your annual flu shot is an important step to help protect your health and reduce the spread of flu during the season.



A Flu Shot Help?

- Reduce your risk of getting sick with flu
- Help protect those around you
- Reduce the risk of serious flu-related complications
- Keep you and your workplace moving through flu season



How Much?

Your UnitedAg Health Plan covers **100% of the cost** for your flu shot, with no copay or deductible when vaccinated through a contracted provider.

WHERE TO GET YOUR FLU SHOT?

1

UnitedAg Health & Wellness Clinics

Visit a UnitedAg clinic near you.

Phone: 877.877.7981 | **Website:** ua.clinic

2

Your Local Pharmacy or Healthcare Provider

Visit unitedagbenefits.org/find-a-provider to find your nearest in-network pharmacy and doctor.



 **CVS** pharmacy®

Walgreens

COSTCO
PHARMACY

Walmart 
Pharmacy



GARLIC CIOPPINO

Garlic is a perfect ingredient for this delicious seafood stew.

Fall Flavor Starts Here

Few aromas make a kitchen feel quite as inviting as garlic and shallots sizzling in a pan. And in Gilroy the Garlic Capital of the World Christopher Ranch has made that unmistakable aroma part of its family legacy.

Founded by Don Christopher in 1956, Christopher Ranch grew from a small family farm into one of the best-known names in California garlic. Along with its signature garlic, the company offers shallots and other specialty produce that make it easy to build layers of flavor into fall cooking.

For a cool-weather meal that showcases both garlic and shallots, Christopher Ranch's Garlic Cioppino delivers.

This hearty seafood stew starts with generous amounts of both before adding tomatoes, wine, seasonings and seafood.

Directions:

In a large pan, saute shallots in olive oil for 3 minutes. Add garlic and sauté for 1 minute. Add tomato paste, seasonings, and wine, and cook for 3 minutes. Add crushed tomatoes and stock and bring to a simmer. Add the seafood and heat until cooked through. Garnish with fresh parsley and serve with garlic bread.



GARLIC CIOPPINO

Ingredients:

- 2 lbs. mixed seafood
- ½ cup minced Christopher Ranch garlic
- ½ cup minced shallots
- 2 Tbsp. olive oil
- 2 Tbsp. tomato paste
- 1 tsp. Italian seasoning
- 1 tsp. red pepper flakes
- 1 cup white wine
- 28 oz. crushed tomatoes
- 3 cups seafood stock or clam juice
- Fresh parsley for garnish

Recipe courtesy of Christopher Ranch



HOT HONEY CANDIED SWEET POTATOES

Grown Sweet. Packed Sweet. Cal Sweet.

Sweet Potatoes: A Nutrient-Packed Choice for Digestive Health

Sweet potatoes are more than a colorful and comforting fall favorite. Naturally rich in fiber, vitamins, minerals and antioxidants, they can be a nutritious addition to a balanced diet and offer benefits that extend from digestive health to immune and heart health.

Supporting a Healthy Digestive System

One of the standout benefits of sweet potatoes is their fiber content. Dietary fiber supports regular bowel movements and helps maintain a healthy digestive system. Sweet potatoes contain both soluble and insoluble fiber, which can help promote regularity and support the beneficial bacteria that live in the gut. Keeping the skin on your sweet potato can provide even more fiber. For a simple, gut-friendly option, try baking or roasting sweet potatoes with the skin rather than peeling them.



Instructions:

Preheat the oven to 400°F.

Meanwhile, arrange the sweetpotatoes in a 9-by-13-inch baking dish.

In a small saucepan on medium heat, combine the sugar, butter, vinegar, salt, cinnamon, and 1/4 cup of the honey, stirring occasionally until the sugar dissolves and the butter melts. Pour the butter mixture evenly over the sweetpotatoes and bake, basting once or twice, until the sweetpotatoes are tender, 50 to 60 minutes. (Cover with foil halfway through if you prefer them without browning.) Drizzle with the remaining 1/4 cup of hot honey and serve.

HOT HONEY CANDIED SWEETPOTATOES

You may have had candied sweetpotatoes before, but you've never had them like this. The combination of sweet and spicy makes for a familiar, yet altogether different, taste treat. And one that pairs perfectly with both busy weeknights and Sunday roasts.

Serves 6 to 8

Ingredients:

3 pounds orange-fleshed sweet potatoes,
peeled and cut into 3/4-inch pieces or slices
1/2 cup packed brown sugar
6 tablespoons (3/4 stick) unsalted butter
2 tablespoons apple cider vinegar
1 1/2 teaspoons salt
1 teaspoon ground cinnamon
1/2 cup hot honey, divided



PUMPKIN TIME!

The Golden State Goes BIG for Fall

Nothing says fall quite like pumpkin. From pumpkin patches and jack-o'-lanterns to breads, soups and pies, the bright orange symbol of autumn is also serious business for a group of California growers who prefer their pumpkins to pack on the pounds.

The California Pumpkin Growers Club brings together giant-pumpkin enthusiasts and supports grower activities, seed auctions and weigh-off prize programs throughout the state. And California recently had one **very big** reason to celebrate.

At the 2026 National Pumpkin Weigh Off at Bishop's Pumpkin Farm in Wheatland, Chico grower Mike Alves took second place with an astounding 2,359-pound pumpkin. Alves shattered his previous personal best by more than 650 pounds, and his gigantic gourd became the heaviest California-grown pumpkin ever entered at the National Pumpkin Weigh Off.

That's a lot of pumpkin pie!

Fortunately, this healthier take on the quintessential fall dessert requires just one 15-ounce can of the orange stuff. Pure pumpkin, Greek yogurt, maple syrup and traditional fall spices deliver that familiar pumpkin-pie flavor while lightening things up.



HEALTHIER PUMPKIN PIE

Ingredients:

- 1 (15-oz.) can 100% pure pumpkin puree
- 2 large eggs
- $\frac{3}{4}$ cup low-fat milk or unsweetened almond milk
- $\frac{1}{4}$ cup plain Greek yogurt
- $\frac{1}{3}$ cup pure maple syrup
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ tsp. pumpkin pie spice
- $\frac{1}{4}$ tsp. ground nutmeg
- Pinch of salt
- 1 prepared whole-wheat pie crust

Directions:

Preheat oven to 350°F. Whisk pumpkin, eggs, milk, Greek yogurt, maple syrup, vanilla and spices together until smooth.

Pour into the prepared whole-wheat crust and bake for approximately 45–55 minutes, until the edges are set and the center has just a slight jiggle.

Cool completely, then refrigerate before slicing. Serve chilled or at room temperature with a small dollop of Greek yogurt or lightly whipped topping.

Healthy U Tip: Look for 100% pure pumpkin puree, rather than pumpkin pie filling, which comes pre-sweetened and seasoned.





WARM ROASTED BRUSSELS SPROUTS DIP

A tangy twist on the classic artichoke dip

A Warm Twist on a Fall Favorite

When cooler weather arrives, few things are more inviting than a warm, savory dip straight from the oven. For a seasonal appetizer that puts fresh vegetables at the center, Queen Victoria's Warm Roasted Brussels Sprouts Dip offers a flavorful twist on the classic artichoke dip.

Queen Victoria is a brand of Ippolito International, a second-generation, family-owned farming company with deep roots in fresh produce. Today, the company is North America's largest supplier of fresh Brussels sprouts, continuing a farming tradition focused on quality, freshness, and flavorful vegetables. Its history with Brussels sprouts stretches back to the early days of the crop's growth in California.

This cozy recipe showcases Queen Victoria Brussels sprouts, roasted with shallots and bacon until browned and crisp, then folded into a creamy blend of cream cheese, Greek yogurt, Monterey Jack, and Parmesan. Baked until bubbly and golden, it delivers a rich, tangy flavor that's perfect for fall gatherings.



Ingredients:

- 1 lb Queen Victoria Brussels sprouts washed, dried, trimmed
- 1 tbsp olive oil
- 1 medium shallot cut into slivers
- 2 strips raw bacon cut into ¼ inch dice
- ½ tsp kosher salt
- ¼ tsp fresh-ground pepper
- 1 8 oz package of cream cheese warmed to room temperature
- 1 cup mayonnaise
- ½ cup Greek yogurt
- ½ cup Monterey jack cheese shredded
- ½ cup grated Parmesan cheese

Directions:

Preheat oven to 375 degrees, using convection feature if available.

Cut smallest Brussels sprouts into quarters. Cut larger sprouts into more wedges to approximate the size of the small quarters.

Toss sprouts with olive oil, shallots, bacon, salt and pepper. Spread thinly onto baking sheet to allow for roasting instead of steaming. Roast sprouts, stirring occasionally, for about 30 minutes or until edges are brown and crisp. Turn off oven.

While sprouts are roasting, combine remaining ingredients in a large bowl. Add roasted sprouts. Place mixture in shallow, ovenproof vessel that's suitable for serving (depending on the size, you may want to divide mixture among two smaller baking dishes). At this point, dip can be saved, covered in the refrigerator, until an hour before serving.

When ready to bake, preheat oven to 350 degrees. Bake dip for approximately 30 minutes or until bubbly and golden brown on top. Serve immediately with toasted baguette slices, crackers or pita chips.

Recipe courtesy of Queen Victoria Produce / Ippolito Intl.

Get joint and muscle care, anytime, anywhere in the Hinge Health app!

100% covered by UnitedAg

Hinge Health offers virtual physical therapy and more to reduce joint and muscle pain, recover from injury, build strength, and more — all in one app. So you can move confidently and continue doing the things you love. You can even get care for multiple pain areas at the same time with just one program. Hinge Health is covered at no cost to you through your benefits.

You deserve to move freely and live fully. Hinge Health can help you get there.

- 68% average reduction in pain¹
- 2 million+ members have used Hinge Health to reduce their pain!
- 4.9 out of 5 Hinge Health app store rating, with over 152,000 member reviews

For more information about your benefit, scan the QR code or visit:

hinge.health/unitedag-join

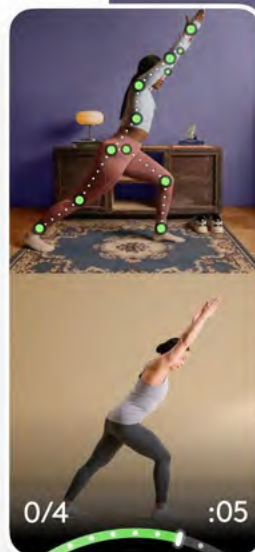
Questions? Give us a call at
(855) 902-2777.



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.



Hi there, I added new exercises to help with your back too.



A little something extra: complete a few exercise therapy sessions and you may be eligible for a complimentary Stanley® tumbler to keep you hydrated between sessions.*

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos.

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

Los miembros y dependientes mayores de 18 años inscritos en un plan médico de UnitedAg son elegibles.

*Eligibility to receive complimentary items is based on the program in which you are placed and subject to availability upon completion of a qualifying number of exercise sessions. Members may receive an alternative item if the featured item is unavailable.

¹Bailey et al. (2020) 12-week digital care for chronic back and knee MSK pain. JMIR. (N=10,264)

Pathways to Prevention

Embracing National Substance Abuse Prevention Month

Drug overdose is now the leading cause of accidental death in the United States, with opioids being the most commonly abused drug. **National Substance Abuse Prevention Month is recognized every October in the United States** to highlight the importance of prevention in our communities, remember those we've lost to this disease, and acknowledge those in recovery.

Substance abuse prevention is an ongoing effort. Everyone can help to reduce stigma and save lives. Here are a few ways to get involved



Learn and Share.

Learn about the causes and effects of substance abuse, as well as prevention strategies. Listen to stories from individuals and families who have faced these challenges. Share important facts with those around you or on social media.

Participate.

Look for relevant webinars, workshops, or meetings in your local area or online. Attending these types of events shows your support and helps you better understand the disease, its impact, and ways to prevent it

Volunteer or donate.

There are many local and national organizations that work to prevent substance abuse. Share your time or money with these great causes.

Show Support.

Support those in recovery by offering words of encouragement, understanding, and empathy. Encourage others to seek the help they need.

Encourage Healthy Living.

A healthy lifestyle can be a great defense against substance use. Help organize fitness events, cooking classes, mindfulness sessions, or support meetings

Advocate.

Use your voice to advocate for policies and practices related to mental health and substance abuse treatment. Support practices in schools and workplaces that help individuals cope with stress and other risk factors.



Activate your Spring Health account to learn how we can support your own journey or provide strategies for you to help others.

unitedag.springhealth.com



Need Extra Support?

Our UnitedAg Member Services team is here to help you understand and make the most of your benefits.

Call Us: 800.223.4590

Text Us: 949.594.0788

Visit: unitedagbenefits.org

Breast Cancer Awareness Month

Coping Together

October is Breast Cancer Awareness Month, dedicated to raising awareness, encouraging early detection, and supporting patients and survivors. Breast cancer affects not just those diagnosed, but their loved ones too. If you or someone close to you is facing a diagnosis, here are some ways to cope and support each other

Navigating the Emotions

A breast cancer diagnosis can stir up a wide range of emotions — fear, anger, sadness, and loneliness, to name a few. It's normal to feel overwhelmed when facing such a big health challenge. Whether you've been diagnosed or are supporting someone else, remember to take care of your emotional well-being

Coping with Your Diagnosis and Treatment

Lean on your circle. Surround yourself with people who care. Don't hesitate to reach out when you need a listening ear or just some company. Sharing your feelings can make a world of difference.

Practice self-care. Simple things like taking walks, getting enough rest, or enjoying your favorite hobby can brighten your day. Mindfulness exercises, like deep breathing, can also help ease your stress.

Focus on what you can control. Breast cancer can bring a lot of uncertainty to your life, so try to focus on the small things you can manage, like keeping up with appointments and sticking to healthy routines

Find comfort during treatment. Medical visits can be stressful. Bring something comforting with you, like a good book or some calming music. Meditating or practicing deep breathing before your appointment can also help calm your nerves

Seek support groups. Connecting with others who are going through similar experiences can be incredibly comforting. Sharing stories and advice, whether online or in person, will give you a sense of community and help you feel less alone.

Supporting a Loved One

Listen with love. Sometimes, the best support is simply listening. Let your loved one share their feelings without rushing to fix things

Offer specific help. Instead of saying "Let me know if you need anything," try offering to help with specific tasks, like running errands, cooking meals, or driving to appointments.

Respect their needs. Everyone copes differently. Respect their wishes if they need privacy or space, and be patient as they navigate this difficult time

*Adaptado de materiales proporcionados por Spring Health.

"YOU DON'T HAVE TO GO THROUGH THIS ALONE—I'M WITH YOU EVERY STEP OF THE WAY."

Trying to find the words of encouragement ?

Visit the **Breast Cancer Research Foundation** learnmore.

[**bcrf.org/blog/breast-cancer-quotes**](https://bcrf.org/blog/breast-cancer-quotes)



NEED EXTRA SUPPORT?

If you're feeling overwhelmed, remember that Spring Health is here whenever you need support

Activate your account to connect with a compassionate therapist who can help you manage your emotions, develop coping strategies, and find hope.

Visit: [**benefits.springhealth.com/unitedag**](https://benefits.springhealth.com/unitedag)

UNITEDAG SUPPORT

Connect with our Member Services team for guidance on available mental health resources and benefits.

Call Us: 800.223.4590 OR Text Us: 949.594.0788



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

Now available on YouTube.

Watch via youtube.com/@unitedag.

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

Spanish - 3:00 pm

Mood and Food

Thursday, July 30

Now available on YouTube.

Watch via youtube.com/@unitedag.

Nutrition

Friday, December 4

English - 10:00 am

Spanish - 3:00 pm

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.*



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 Health (Telemedicine).....	800.835.2362
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



GOING *The Extra Mile* FOR OUR MEMBERS

This *Customer Service Week*, we're celebrating our Member Services team and their commitment to going The Extra Mile every day. Whether answering questions, providing guidance, or helping members navigate their benefits, it's the extra care and support that make a difference.

Scan the QR code to hear from Member Services Director Sonia Roldan on *This is Ag!* and discover how our team goes The Extra Mile for our members each day!



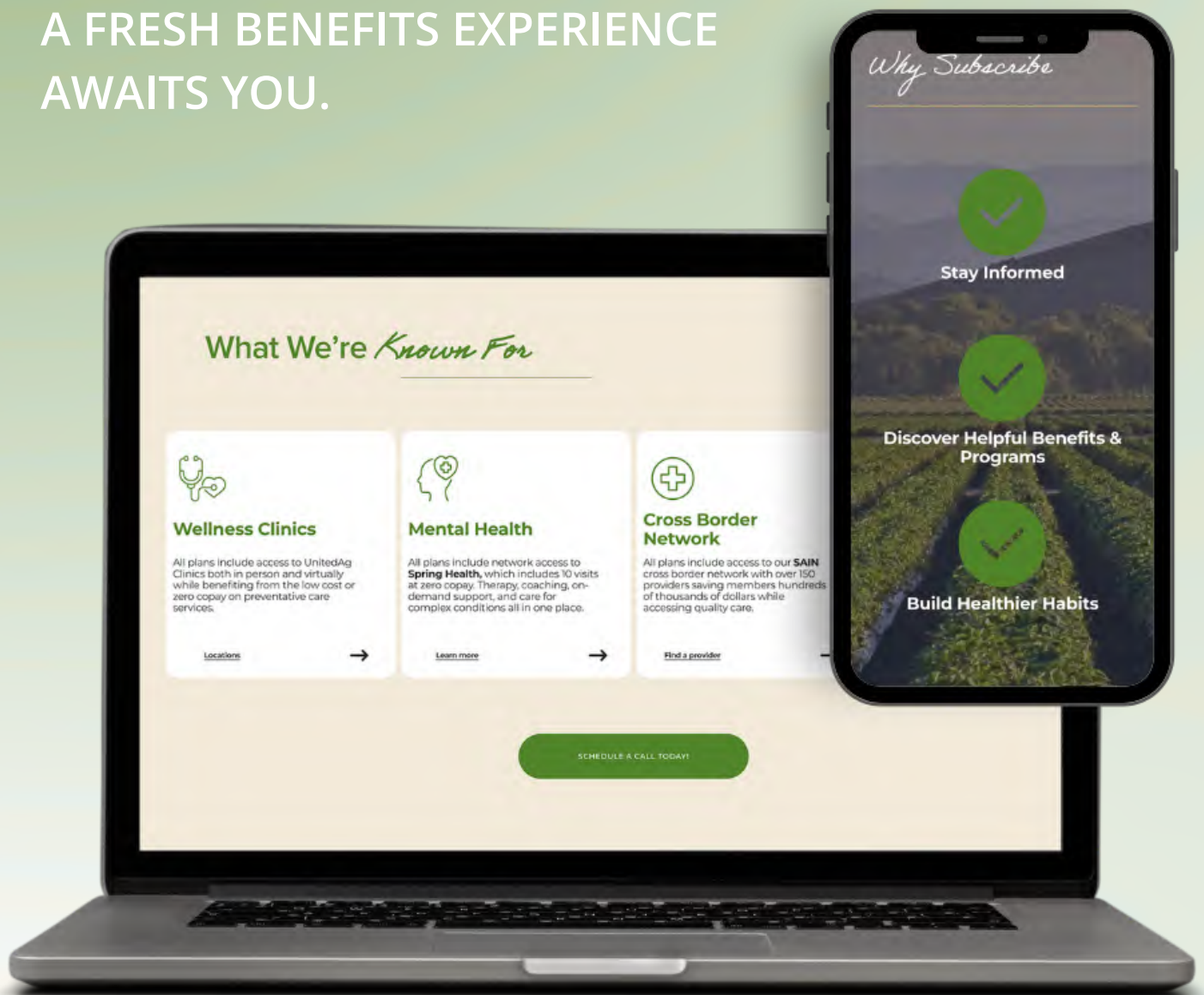
Scan to
Listen!





DISCOVER THE NEW UNITEDAG HEALTH BENEFITS WEBSITE

A FRESH BENEFITS EXPERIENCE
AWAITS YOU.



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

thank you to our CONTRIBUTORS

