HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING



SMALL CHANGES, HEALTHIER YOU

November is Diabetes Awareness Month.

Discover how simple changes to your diet, physical activity, and daily habits can help manage blood sugar and lower your risk of type 2 diabetes.

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MONTHLY WELLNESS INITIATIVE SPOTLIGHT

What is Diabetes?

By Alex Nava, Case Management RN

There are many simple yet effective ways to manage diabetes at home so you can live with diabetes while living a long and healthy life.

Diabetes is a condition in which your body has trouble regulating the amount of sugar (glucose) in your bloodstream. Normally, your pancreas produces a hormone called insulin to regulate blood sugar levels. If the pancreas does not make enough insulin, or if the cells in the body do not respond normally to insulin, sugar builds up in the bloodstream, causing a sugar spike, or hyperglycemia.

What are the Symptoms of Diabetes?

Diabetes may not cause noticeable symptoms, but when symptoms occur, they can include:

- Urinating Often
- Blurry Vision
- Intense Thirst
- Extreme Fatigue

How can Diabetes be Managed?

Treatment for diabetes depends on whether you have type 1 or type 2 diabetes. The goals of treatment are to manage your blood sugar and lower the risk of future complications. Treatments include:

- **Eating Healthy Foods:** Eating plenty of fruits and vegetables, whole grains, and low-fat dairy products. Limit or avoid sugary drinks and alcohol. It may help to work with a dietitian to make sure you get the nutrients you need.
- **Physical Activity:** This means trying to be active for 30 - 60 minutes on most days of the week. Even gentle exercise, like walking, is good for your health.
- **Medicine:** Many medications can help lower blood sugar. Some people take pills or get shots to help the body make more insulin or help the insulin do its job. Others need insulin injections, administered at home with the help of a glucometer.

What Are the ABCs of Diabetes Care?

- **A is for A1c**: A1c is a blood test. It shows what your average blood sugar level has been during the last few months. A1c levels should be **below 7 percent**.
- **B is for Blood Pressure:** Managing your blood pressure is just as important as managing your blood sugar. Aim for **blood pressure below 130/80**, for most people.
- **C is for Cholesterol:** Cholesterol is a waxy substance in the bloodstream. High cholesterol also increases your risk of heart attack, stroke, and other serious conditions. Aim for an LDL, or "bad cholesterol," **level below 100**.

While these are simple tips to maintain your health while living with diabetes, they do require some effort. Check in with your primary care provider about how to modify your food intake, how to check your blood sugar, and how to administer your diabetes medications. With time and practice, these habits can become part of your daily routine, helping you feel more confident managing diabetes at home.

Let's Talk About Prediabetes & Diabetes

Join us on November 19, 2026, for our HealthChats and CharlasSaludables webinars to learn about prediabetes and diabetes.

Register for the HealthChats Webinar:
unitedagbenefits.org/health-chats-webinars

Eat Well, Live Well with Diabetes



How Does Nutrition Help Manage Diabetes?

Choosing the right foods can help keep your blood sugar in a healthy range. Many people need to change what they eat and how much they eat to help treat their diabetes.

What You Should Do

- **Choose Whole Grains:** Swap white rice or white bread for brown rice, oatmeal, or whole-wheat bread to help manage blood sugar.
- **Drink Less Sugar:** Choose water instead of soda, sweetened beverages, or fruit juice.
- **Limit Processed Meats:** Enjoy foods like chorizo, bacon, and deli meats less often.
- **Stay Active:** Even a daily walk can help lower blood sugar levels. Try taking a 10 minute walk after meals to help manage blood sugar spikes.
- **Eat More Fiber:** Include beans, lentils, and vegetables; these are excellent for blood sugar control.
- **Take Medications:** Continue taking your medications as directed, even when you feel well.

What To Watch For



How You Feel After Eating: Certain foods may affect your blood sugar more than others.



Portion Sizes: Even healthy foods can raise blood sugar if you eat too much



Signs of Low Blood Sugar: Lightheadedness, unsteadiness, sweating, hunger, blurred vision, falls, or confusion.



Signs of High Blood Sugar: Frequent urination (especially at night), increased thirst, fatigue, weakness, unsteadiness, falls, confusion, or blurred vision.

Foods To Choose More Often

Proteins:
- Fish & seafood
- Chicken breast (skinless)
- Lean beef (smaller portions)
- Eggs

Grains & Starches:
- Whole grain corn tortillas
- Brown rice & wild rice
- Oatmeal
- Whole wheat bread

Beverages:
- Water
- Unsweetened tea
- Coffee (without added sugar)

Beans & Legumes:
- Black beans, pinto beans & kidney beans
- Lentils
- Chickpeas

Vegetables:
- Peppers (all colors)
- Tomatoes
- Leafy greens (spinach, lettuce)
- Squash & zucchini
- Broccoli & cabbage
- Onions & garlic

Foods To Limit Or Avoid

Processed & Cured:
- Chorizo
- Canned meats
- Bacon & ham
- Processed sausages

High-Sodium Foods:
- Canned soups & broths
- Processed snacks
- Salted chips & crackers

Refined Grains:
- White bread
- White rice
- Flour or corn tortillas (limit 2-3 per day)
- Pastries & sweet breads

HIgh-Fat:
- Fried foods
- Full-fat cheese & cream
- Fatty cuts of meat
- Foods cooked in vegetable oils (use olive oil instead)

Sugary Foods & Drinks:
- Soda & sugary beverages
- Fruit juice
- Candy & desserts, including traditional sweets like flan
- Sweet spreads & toppings like dulce de leche, caramel

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Low-Sodium Diet For High Blood Pressure

What You Should Know

- **Sodium reduction works quickly.**
  Switching to a low-sodium diet can lower your blood pressure within just one week.
- **The goal is 1,500 to 2,300 mg of sodium per day**.
  Most Americans eat about 3,500 mg daily, which is too much.
- **A low-sodium diet supports your treatment.**
  A low-sodium diet helps reduce blood pressure whether or not you are already taking medications.

What You Should Do

- **Choose fresh foods over processed foods.** Fresh fruits, vegetables, lean meats, and whole grains are naturally low in sodium.
- **Read food labels carefully.** Look for products labeled "low sodium" (less than 140 mg per serving) or "no salt added."
- **Cook at home whenever possible.** Restaurant and packaged foods contain most of the sodium in the American diet.
- **Use herbs and spices instead of salt.** Garlic, lemon, pepper, and other seasonings add flavor without sodium.
- **Limit canned and processed foods.** Canned soups, deli meats, frozen dinners, and snack foods are major sources of hidden sodium.
- **Choose the DASH diet.** The Dietary Approaches to Stop Hypertension (DASH) eating plan focuses on fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Combined with less sodium, it can help lower blood pressure.

Foods to Eat

- Fresh or frozen fruits & vegetables
- Lean chicken, fish, eggs, & turkey (without added salt)
- Beans, lentils & chickpeas
- Whole grains like brown rice, oatmeal & whole wheat bread
- Low-fat milk & yogurt
- Nuts & seeds (unsalted)
- Healthy fats like olive oil & avocado

Foods to Avoid

- Canned soups & broths
- Deli meats & processed meats
- Frozen dinners & fast food
- Canned vegetables (choose fresh or frozen without salt)
- Salty snacks (chips, pretzels, salted nuts)
- Soy sauce & other high sodium condiments
- Cheese (high in sodium)
- Pickled Foods

Monitor & Seek Help

What to Pay Attention To

- Monitor your blood pressure regularly. Keep track of your readings to see how the diet is working.
- Watch for dizziness or lightheadedness. These are rare but can occur when sodium intake changes significantly.
- Notice any swelling in your legs or feet. This could indicate a change in how your body is handling fluids.

When to Seek Help

- Call your healthcare provider if you experience chest pain or shortness of breath. These are signs of a serious heart problem.
- Seek immediate help if you have severe headache, confusion, or vision changes. These may indicate dangerously high blood pressure.

Additional Support

- **Call Us:** 800.223.4590
- **Text Us:** 949.594.0788
- **Visit:** unitedagbenefits.org

A HEALTHY TWIST ON THANKSGIVING:

Brussels Sprouts with Oranges



Thanksgiving is a time to gather, give thanks, and enjoy delicious food! For those managing diabetes, celebrating the holiday doesn't mean sacrificing flavor or favorite traditions.

This year, add a colorful, diabetes-friendly side dish to your Thanksgiving table with Brussels sprouts with oranges, courtesy of the **American Diabetes Association**.

This festive recipe combines tender Brussels sprouts, fresh oranges, sautéed shallots, and crunchy walnuts for a delicious balance of sweet and savory flavors. Packed with fiber, vitamins, and heart-healthy ingredients, it's a nutritious addition to any holiday feast.

Best of all, each serving contains just 80 calories, 9 grams of carbohydrates and 3 grams of fiber, making it a smart choice for those watching their blood sugar.

With just 15 minutes of preparation and 20 minutes of cooking time, this simple dish serves 12 and is perfect for sharing with family and friends.

Ingredients:

- 1 tablespoon grated orange peel (orange zest)
- 1 medium orange
- ¼ cup walnuts, roughly chopped into small pieces
- 2 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil (used in two separate steps)
- 2 medium shallots (small, mild onions), with ends removed and cut in half
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions:

1. Prepare the orange: Grate the outer peel of the orange to collect the zest. Place the zest in a small bowl. Peel the orange, separate it into slices, and cut each slice in half. Set aside.

2. Toast the walnuts: Place the chopped walnuts in a small pan over medium heat. Stir occasionally for 3 - 4 minutes, until lightly browned. Remove from the heat and set aside.

3. Cook the shallots: Heat 1 tablespoon of olive oil in a large pan over medium-high heat. Add the shallots and cook for 4 - 5 minutes, stirring occasionally, until lightly browned. Remove from the pan and set aside.

4. Cook the Brussels sprouts: Add the remaining 1 tablespoon of olive oil to the same pan. Add the Brussels sprouts and cook for 10 - 15 minutes, stirring occasionally, until browned and tender.

5. Combine the ingredients: Add the orange slices, orange zest, and cooked shallots to the Brussels sprouts. Stir gently and cook for another 2 minutes.

6. Season and serve: Sprinkle with salt and black pepper. Top with the toasted walnuts, and enjoy!



Recipe adapted from **Diabetes Food Hub** by the American Diabetes Association. Explore more delicious, diabetes-friendly recipes!

Visit: diabetesfoodhub.org

SWEET, SIMPLE & HEALTHY

A Fresh Take On Sweetpotatoes

Serves: 4 | Cook Time: 30 Minutes



Recipe and photo courtesy of: California Sweetpotatoes
www.casweetpotatoes.com

Looking for a nutritious, delicious meal that's easy to prepare? California sweetpotatoes are a versatile addition to any healthy kitchen, packed with fiber, vitamins, antioxidants and natural sweetness.

This season, we're highlighting a flavorful recipe from California Sweetpotatoes that brings together wholesome ingredients and convenient preparation.

Healthy Sweetpotato & Salmon Sheet Pan Dinner combines nutrient-rich sweetpotatoes with heart-healthy salmon for a colorful, satisfying meal.

Salmon provides protein and omega-3 fatty acids, while sweetpotatoes deliver vitamin A, fiber, and essential nutrients.

Best of all, this sheet pan dinner makes preparation and cleanup a breeze, perfect for busy families looking to enjoy a balanced, home-cooked meal without spending hours in the kitchen.

Ingredients:

- 1 3/4 pounds orange and or and/or yellow/white-fleshed sweet potatoes, or a combination, cut into 3/4-inch dice
- 1/4 cup olive oil, divided
- 2 teaspoons salt, divided
- 2 teaspoons pepper, divided
- 2 lemons, quartered
- 1 pound asparagus spears, trimmed
- 4 six-ounce salmon filets, about 3/4-inch thick
- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 2 tablespoons coarsely chopped fresh cilantro, dill, parsley, or a combination



Instructions:

1. In a large bowl, combine the sweetpotatoes, 2 tablespoons of the oil, 1 teaspoon of the salt, and 1 teaspoon of the pepper. Arrange on a large rimmed baking sheet, top with the lemon quarters, and bake until tender, about 15 minutes.

2. Meanwhile, use the same large bowl to combine the asparagus, 1 tablespoon of the oil, 1/2 teaspoon of the salt, and 1/2 teaspoon of the pepper. Brush the salmon on all sides with the remaining 1 tablespoon of oil and sprinkle with the remaining 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Sprinkle the coriander and fennel seeds on one side of the salmon.

3. Move the sweetpotatoes and lemon to one side of the pan. Add the salmon to the middle, seeded side up, and the asparagus to the other side. Rearrange the lemon quarters on top. Bake until the salmon is cooked through and the sweetpotatoes and asparagus are lightly browned, about 15 minutes.

4. Sprinkle with the herbs and serve with the lemon quarters to squeeze over the top.

Visit California Sweetpotatoes and Get the Recipe!

Healthy Sweetpotato & Salmon Sheet Pan Dinner

CALIFORNIA SWEETPOTATOES
There's more to love about them

CA GROWN: Healthy Pumpkin Muffins

Recipe courtesy of CA GROWN. Created by Leslie Bonci, MS, RD, CSSD, LDN.



Nothing says fall quite like the comforting aroma of freshly baked pumpkin muffins! Thanks to CA GROWN, you can enjoy this seasonal favorite with a nutritious twist that's just as delicious as the original.

Created by registered dietitian Leslie Bonci, these Healthier Pumpkin Muffins combine pumpkin purée, whole wheat flour, California walnuts, and California prunes for a moist, flavorful treat packed with wholesome ingredients.

The secret ingredient? Prune purée! It adds natural sweetness and moisture while helping reduce the need for added sugar and fat. Each muffin contains just 179 calories and 4 grams of fiber, making it a satisfying choice for breakfast, an afternoon snack, or a healthier fall indulgence.

Ready in under 30 minutes, this easy recipe makes 24 muffins, perfect for sharing with family, friends, or coworkers.

Ingredients:

For the Prune Purée:

- 16 ounces of pitted prunes
- ½ cup of hot water

For the Pumpkin Muffins:

- 1 can (15 oz.) pumpkin purée (not pumpkin pie filling)
- ⅔ cup California prune purée
- ¾ cup plus 1 tablespoon sugar
- ⅓ cup canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon grated orange peel (orange zest)
- 4 large eggs
- 3 cups whole wheat flour
- ½ cup walnuts, roughly chopped
- ½ cup California prunes, chopped into small pieces
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon baking powder
- ½ teaspoon ground cloves

Streusel Topping (Optional):

- ½ cup chopped California walnuts
- ½ cup brown sugar
- ½ cup all-purpose flour
- ¼ cup unsalted butter, melted
- 1 teaspoon ground cinnamon

Get the Recipe and More!

Visit: californiagrown.org
Recipe: californiagrown.org/blog/pumpkin-muffins/

Instructions:

For the Prune Purée:

If you don't have prune purée ready, you can easily make your own!



1. Prepare the prune purée: Blend 16 ounces (453 g) of California prunes with ½ cup (120 mL) of hot water until smooth.

2. Store: Keep in an airtight container in the refrigerator for up to four weeks.

For the Pumpkin Muffins:

1. Preheat your oven: 350°F (180°C).

2. Mix the wet ingredients: In a large bowl, combine the pumpkin purée, prune purée, sugar, oil, vanilla, orange zest, and eggs. Mix until well combined.

3. Add the dry ingredients: Stir in the remaining muffin ingredients until combined. Then add in the remaining ingredients and stir.

4. Prepare the muffin pan: Line a muffin pan with paper or silicone liners. Fill each cup about ⅔ full with batter.

5. Make the streusel topping (optional): IIn a small bowl, combine chopped California walnuts, cup brown sugar, cup all-purpose flour, cup melted butter, and 1 teaspoon cinnamon. Mix until crumbly, then sprinkle evenly over the batter in all muffin cups before baking.

6. Bake the muffins: Bake at 350°F (180°C) for 18 minutes, or until a toothpick inserted into the center comes out clean.

7. Cool and enjoy: Allow the muffins to cool in the pan for 3 - 5 minutes, then transfer to a wire rack for another 15 - 30 minutes before serving or storing.



Photo Courtesy's of CA GROWN

Spring Health

A Salute to Veterans

From Service to Self-Care

Celebrated annually on November 11, Veterans Day recognizes the sacrifices and valor of those who have served in the armed forces. It's also an important time to promote healing and resilience within this community.

Acknowledgment and Validation

Recognition is an important aspect of supporting veterans' mental health. By publicly appreciating their service and sacrifices, we validate their experiences and provide a sense of belonging and importance. For many veterans, feeling understood and appreciated is a crucial step toward healing the mental and emotional wounds of war.

Raising Awareness

Veterans Day also provides an opportunity to learn more about the mental health conditions that commonly affect veterans, such as post-traumatic stress disorder (PTSD), depression, anxiety, and traumatic brain injury (TBI), as well as the risk of suicide. Increasing public awareness helps reduce stigma and encourage open conversations about mental health, making it easier for veterans to seek help when needed.

Promoting Connection

On Veterans Day, it's common for veterans to gather with their comrades. Connecting with fellow veterans can help veterans feel less isolated and more understood, providing a sense of community that's often lacking in civilian life. This sense of togetherness and these shared experiences can be powerful sources of healing.

Reflecting on Resilience

Veterans Day offers a chance for veterans to reflect on their own resilience and inner strength. Enduring the challenges of military service demonstrates incredible bravery. Recognizing this strength can boost self-esteem and self-worth, which can help to build resilience against the mental health struggles they may face.

*Adapted from materials provided by Spring Health.



Fostering Gratitude and Empathy

Actively engaging in events honoring veterans helps us all gain a deeper understanding of the sacrifices they've made and the challenges they've faced. Increasing our gratitude and empathy for veterans can lead to more supportive communities.

If you or a loved one are a veteran facing mental health challenges, **Spring Health** can provide compassionate, confidential support.

Visit: 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

MANAGING EXPECTATIONS DURING THE HOLIDAY SEASON.



Expectations are high during the holiday season.

Work parties and social gatherings, get-togethers with friends, kids' pageants, family obligations and events all conspire to take our time. Plus there are all the related activities, gift buying, cookie making, concert going, meal preparing, and more! It's a wonder anyone makes it through the holiday season intact. For those who tend to become tired and depleted, holiday cheer can quickly become holiday fear.

The secret to saving yourself and your holiday sanity? Learn to say no.

Make Yourself a Priority

We all have groups we belong to: friends, family, work colleagues, workout buddies, and so on. These may all be important to you in different ways. You make time for them, you may make sacrifices for them, and you probably have put them first from time to time. While you do this willingly, each time you put someone or something first, you're bumping yourself down the list. The more you repeat these behaviors, the lower you drop on your list of priorities.

Stop the cycle by giving yourself permission to put yourself first.

When someone makes a request of you, ask yourself these questions:

1. Do I have the time to give?
2. Do I have the mental, emotional, and financial capacity?
3. Will this add value or meaning to my life and bring me joy?

If you answer 'no' to any of these questions, it's time to say 'yes' to yourself.

Answers on Demand

It sounds simple to say no, but it's not always that easy. Rely on these responses until you get the hang of saying no. Practice reciting them until they roll off your tongue.

1. **I don't have the bandwidth right now.**
   Busy times call for boundaries.
2. **I won't be able to give it the attention it deserves.**
   Stressing the importance of the ask will make the asker feel better.
3. **I have too much on my plate right now.**
   Everyone understands how awful it feels to be overextended.
4. **Let me check my calendar and get back to you.**
   It buys you time to bolster your confidence to say no.
5. **I appreciate the invite/you thinking of me, but I need to pass.**
   Starting with gratitude makes everyone feel good.
6. **I can't take on anything new.**
   It's as simple as saying no, but in other words.
7. **I'm feeling maxed out and need downtime.**
   Honesty works. No one can fault how you feel.
8. **I'm prioritizing my health right now.**
   This works best when saying no to dessert, unhealthy foods, or alcoholic beverages you don't want.

Let Teladoc Health be a Part of Your Wellness Journey

Get the care and support you need, wherever life takes you. From 24/7 non-emergency medical care to mental health, nutrition, and more, Teladoc Health makes it easier to prioritize your well-being through your UnitedAg health benefits.

Get Started Today: teladochealth.com/benefits/unitedag

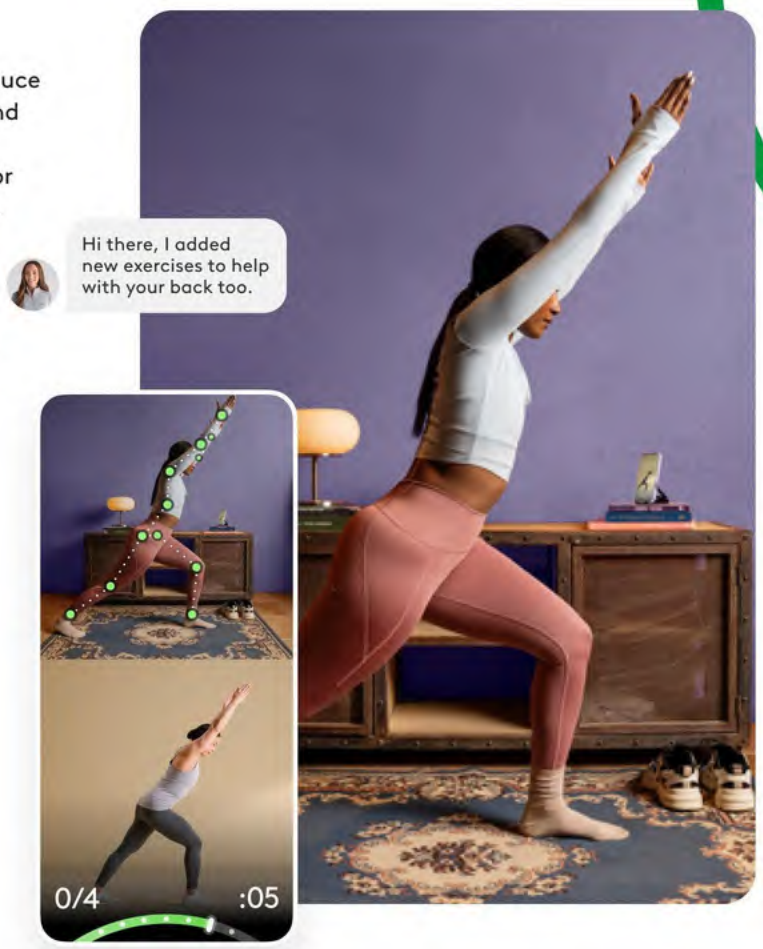
*Adapted from materials provided by Teladoc Health.

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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 pain[1]
- 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.



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



MEET YOUR *Client Services Team*

Building Relationships. Delivering Solutions. Supporting Our Members.

Our **Client Services** Team ensures member companies receive the personalized attention, guidance and support they need to navigate employee benefits with confidence.

The Client Services Team builds and maintains employer relationships, helps resolve complex issues and supports new business onboarding. From coordinating open enrollment and conducting employer-level benefit reviews to providing ongoing assistance, these dedicated professionals help make the benefits experience seamless.



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Connecting with Members. Simplifying Benefits. Providing On-Site Support.



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Our **Field Services Team** provides personalized, on-site support to member companies and their employees, helping them better understand and navigate their healthcare benefits with confidence.

From answering employee benefit questions and assisting with claims research to coordinating and conducting open enrollment meetings, these dedicated professionals serve as a valuable resource for members. Through hands-on guidance and direct engagement, the team helps simplify the benefits experience, strengthen relationships and ensure members receive the support they need.

agribusiness
EDUCATION FOUNDATION

The **Agribusiness Education Foundation** scholarship program provides essential financial support to students, employees, and families across our agricultural community. Whether pursuing specialized trade training or earning a college degree, our annual scholarships help open doors to new career opportunities.

Each scholarship offers resources tailored to different educational goals, making professional growth more accessible. With the application deadline approaching, explore the eligibility requirements below to find the opportunity that best fits your educational and career goals.

2026 SCHOLARSHIP GUIDE

Vocational

Purpose and Scope

For members and employees actively working for a UnitedAg member company who want to study agriculture at trade or vocational schools.

Requirements

- Application
- 1 Page resume and photo
- 2 Letters of recommendation
- Short video statement (up to 3 minutes)

Funding

Awards provide up to **$10,000** annually to support technical certifications and vocational training:

- Certified trade school and vocational tuition
- Technical credential and course fees
- Approved hands-on coursework and technical program credentials

Deadline

- December 31st, 2026

VS

Educational

Purpose and Scope

Active UnitedAg members, along with their spouses, children, and grandchildren, pursuing 2 year, 4 year, or graduate degrees in any field of study. **Minimum GPA of 2.5 required**.

Requirements

- Application
- 2 page essay with one page bibliography
- 3 Letters of recommendation
- Transcripts
- Short video statement (up to 3 minutes)

Funding

Scholarship awards range from **$1,000** to **$10,000**, with top recipients eligible to receive one of the following distinguished awards:

- Maurice McMillian Scholarship – $10,000
- William C. Goodrich Scholarship – $10,000
- Women in Agriculture Scholarship – $6,000
- Alex Drollinger Award – $5,000

Deadline

- December 31st, 2026

Apply for AEF scholarships online at futureagleaders.org. All applications, transcripts, letters of recommendation, and required video statements must be submitted by by **December 31, 2026**.

Have questions about eligibility or the application process? Email **scholarship@unitedag.org** or visit **unitedag.org/aef**.

APPLY TODAY AT FUTUREAGLEADERS.ORG



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.

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

This is Ag! Podcast feat. Hilary Craig, Misfits Market

What happens when innovation meets agriculture? A new approach to reducing food waste and connecting communities with fresh food!

On Episode 47 of This Is Ag!, UnitedAg CEO Kirti Mutatkar sits down with Hilary Craig of Misfits Market to explore how fresh ideas are reshaping our food system and creating new opportunities for farmers and consumers.

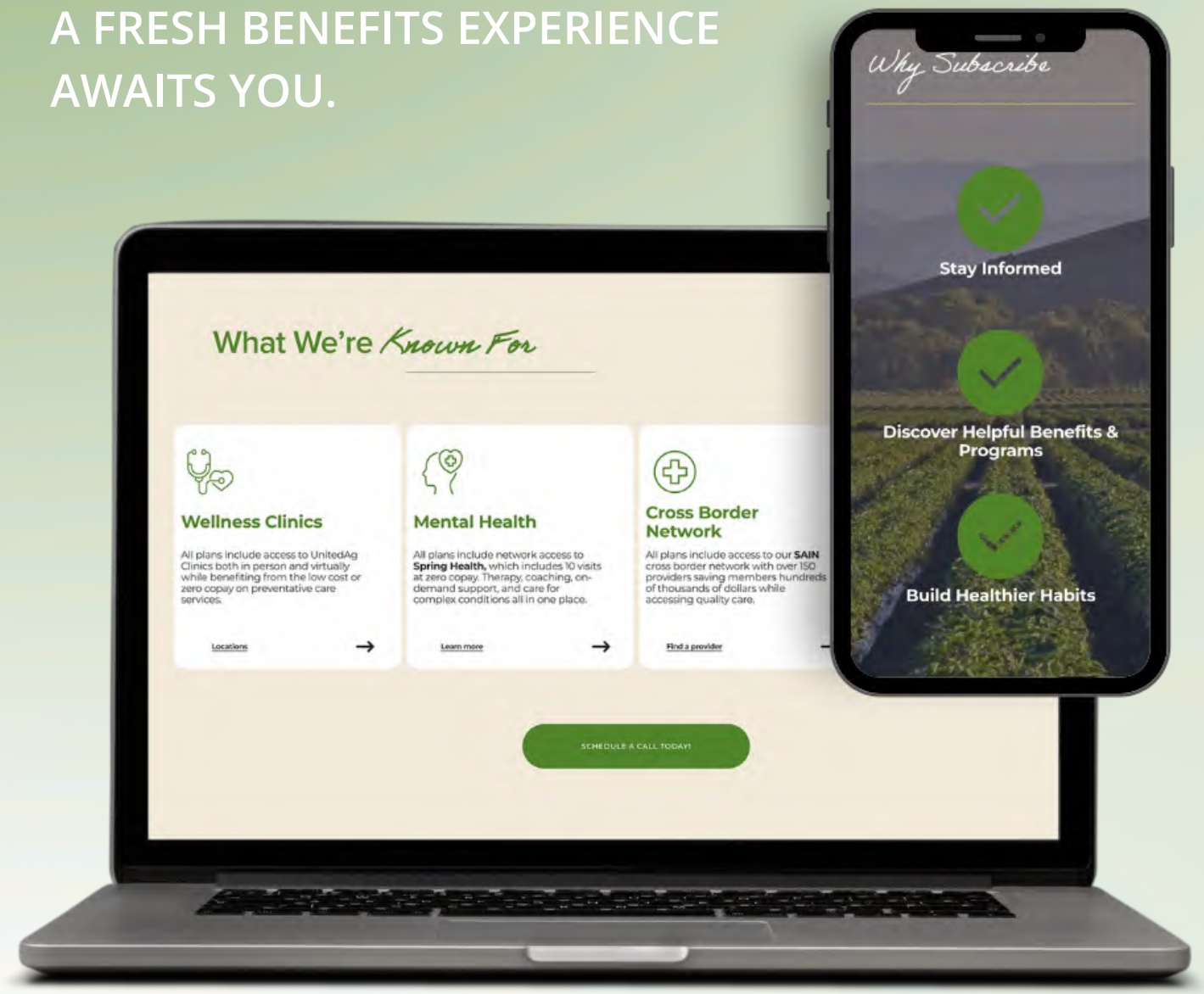
Discover the conversation! Listen now at unitedag.org/thisisag.

Scan to listen to episode 47!

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DISCOVER THE NEW UNITEDAG HEALTH BENEFITS WEBSITE

A FRESH BENEFITS EXPERIENCE AWAITS YOU.



VISIT UNITEDAGBENEFITS.ORG

thank you to our **CONTRIBUTORS**

Elite MEDICAL · Teladoc HEALTH · SAIN Servicios Agrupados Integrales · Hinge Health · Spring Health