

VEBA Supports Your Wellness



Resources for Your Health and Well Being

These resources, offered through **VEBA Advocacy Programs**, can help you take responsibility for your personal well-being and help control health care costs. You can also find out more about these resources at VEBAonline (www.vebaonline.com):

- **Best Doctors®:** Provides free consultation with the world's best medical expertise if you're diagnosed with a serious, complex, or rare medical condition and you want advice from an internationally renowned specialist. Best Doctors will review your care, confirm your diagnosis, and recommend treatment. The program can also assist your treating physician with an accurate diagnosis or a treatment program.
- **VEBA Health and Fitness Challenge Program:** An ongoing series of wellness programs (or "challenges") that each run for six to eight weeks. Each program creates health awareness and promotes behavioral change through a variety of activities centered around the theme of the challenge. Examples of challenge topics include helping participants increase physical activity and strength, improve nutrition status and maintain a healthy weight, reduce stress, quit smoking, and generally improve overall health status. Each challenge stands alone, so members have opportunities to join one, some or all challenges throughout the year. The Health and Fitness Challenge is open to all VEBA members over age 18. Employees will be notified of new challenge registration through their district's Benefits Office.
- **Other healthy living resources:** Stop by the VEBA Advocacy Programs office for information and resources on maintaining your health (e.g., how to incorporate a healthy diet into a busy lifestyle, local wellness-related events).
- **Advocacy services:** You may also call the VEBA Advocacy Programs office if you have questions about your rights as a patient, or if you need help or more information to address a medical quality or access issue that you cannot resolve through your provider or health care plan.

RESOURCES - EDUCATION - SUPPORT

Be sure to take advantage of all the tools, resources, education and support services that VEBA Advocacy Programs will provide. For more information, or if you have any questions, please contact the VEBA Advocacy Programs office (see reverse for more information about VEBA Advocacy Programs).

The VEBA Advocacy Programs

office is located at:

8885 Rio San Diego Drive, Suite 327
San Diego, CA 92108
619-278-0021
info@vebaonline.com

Office hours are:

Monday – Friday, 10 a.m. – 6 p.m.,
except major holidays

VEBA Advocacy Program

VEBA Advocacy Programs is a resources, education and support function offered by the Southern California Schools Voluntary Employees Benefits Association (VEBA). The mission of VEBA Advocacy Programs is to provide resources and information that **empower you to make informed decisions** about your health care and lifestyle choices, as well as assist you in **obtaining appropriate health care information and services when and where you need it.**

VEBA Advocacy Programs resources can help you:

- Learn about the relationship between lifestyle and health, quality of life and cost of health care
- Take control of your health and medical treatment
- Experience fewer disruptions to work and personal life due to health issues
- Know what to expect in health care situations
- Make informed health care decisions.

Any information that you provide to VEBA Advocacy Programs will remain confidential.

About VEBA

VEBA is a cooperative labor-management trust program committed to achieving the highest quality and most cost-effective benefits programs for every eligible education employee in Southern California. It manages health care benefits for 30 participating districts and associations, with more than 84,000 members in total, by positively influencing the quality, affordability, and accessibility of care delivered by contracted health plans and their providers.

www.vebaonline.com