

Spring Benefit Administrator Training

5/5/2026

CALIFORNIA SCHOOLS
VEBA
YOUR HEALTH, OUR PURPOSE



Today's AGENDA

JOINING YOU TODAY

CalVEBA Client Services Team

&

CalVEBA Department Leaders

- 01 Introductions & Overview
- 02 Invoices, Payments & Member Reconciliation
- 03 Benefit Admin / Operations & AREOnline Portal Overview
- 04 Member Support
- 05 Underwriting
- 06 Wellbeing Consulting
- 07 Eligibility Verification Review
- 08 Key Reminders & Q/A

Invoices, Payments, Member Reconciliation

Today's AGENDA

JOINING YOU TODAY

Jamon Wolfe, CPA

Director, Accounting & Finance

Ursula Salbato

Accounting & Benefits Supervisor

01

Accounting Team Members

02

Invoice & Payment Lifecycle

03

Variance Reports

04

Member Reconciliation

Accounting Team Members

Accounts Receivable

- ❖ Christine Moore, Accounts Receivable Lead – Christine_Moore@rpadmin.com
 - ❖ Daniel Martinez, Staff Accountant – Daniel_Martinez@rpadmin.com
 - ❖ Ashley Giebel, Staff Accountant – Ashley_Giebel@rpadmin.com

Variance Reporting

- ❖ Ursula Salbato, Accounting & Benefits Supervisor – Usalbato@rpadmin.com
 - ❖ Tia Cowing, Staff Accountant – Tcowling@vebaonline.com
 - ❖ Christine Means, Staff Accountant – Cmeans@vebaonline.com

Invoice & Payment Lifecycle

Invoices

- Invoices are generated on the second-to-last Friday of each month and made available the following Monday.
- Invoice amounts are based on eligibility.
- Eligibility questions should be directed VEBA's Operations Team.

Invoice & Payment Lifecycle

Payments

- Payment Due - 1st of the month.
- Courtesy Notices - 13th of the month.
- Late Payment - if not received by the 20th of the month
- ACH & Wires are preferred
- Pay as billed on the invoice
- If payment amount is different than the invoice, you must provide proper support



Variance Reports

- Purpose of a Variance Report is to assist in researching member differences within your eligibility system.
- For groups that do not pay as billed, a monthly variance report is uploaded to ARES each month.
- Review the variance report and life-to-date amounts for each employee with an overage or balance due.
- Provide your notes on the variance report and return it to the Variance Reporting Team.

Sample Variance Report



School District Name

March 2026 Variance Report

Name	SSN	Group Name	Class Name	Plan Name	Tier	Effective Date	Lifetime Billed	Lifetime Remitted	Lifetime Variance
Member Name	Member SSN	Active	Management Employees	VEBA Direct HMO \$10	EF	01/01/2026	87,901.00	87,434.00	467.00
Member Name	Member SSN	Active	Classified Employees	Kaiser 10 100-Day	E	10/01/2023	8,368.00	7,322.00	1,046.00
Member Name	Member SSN	Active	Classified Employees	Kaiser 10 100-Day	E	01/01/2026	2,338.00	1,169.00	1,169.00
Member Name	Member SSN	Active	Certificated	Kaiser 10 100-Day	E	10/01/2024	16,558.00	16,612.00	(54.00)
Member Name	Member SSN	Active	Classified Employees	Harmony HMO 10	ES	01/01/2026	89,604.40	91,130.05	(1,525.65)
Member Name	Member SSN	Active	Classified Employees	Kaiser 10 100-Day	EF	01/01/2025	116,162.00	116,163.00	(1.00)
Member Name	Member SSN	Active	Certificated	Kaiser 10 100-Day	ES	02/01/2026	3,476.00	2,338.00	1,138.00
Member Name	Member SSN	Active	Management Employees	UHC Dental PPO Enhanced	E	02/01/2025	873.73	806.52	67.21
Member Name	Member SSN	Early Retiree	Certificated-Early Retiree	Harmony HMO 10	ES	01/01/2026	3,524.00	1,790.00	1,734.00
TOTAL :									4,040.56



01

Gather Data

02

Compare
Enrollment

03

Identify
Discrepancies

Member Reconciliation

Checklist

- ✓ Gather Primary Documents
- ✓ Verify Roster Accuracy
- ✓ Confirm Plan Tiers
- ✓ Run Data Comparison
- ✓ Balance Totals
- ✓ Document & Adjust

THANK YOU!

Benefit Admin / Operations
ARES Portal Overview

Today's AGENDA

JOINING YOU TODAY

Javier Garcia

Client Services Supervisor

01

Ben Admin / Operations Overview

02

ARESONline Portal

03

Best Practices

04

CaIVEBA Post65 Medicare vs Employer Medicare

Ben Admin / Operations

- **What We Do**
 - Manage all aspects of employee benefits eligibility
 - Track eligibility, enrollments, terminations and process changes with carriers
 - Unique Records Managed: ~160,000
 - Daily Requests: ~100
(excluding escalated issues and file feed submission)
- **Team Size: 12 Members**
 - 6 Administrators
 - 6 Analysts



Timeline Process

Urgent/Expedited Requests:

- **Timeline:** 1 – 3 business days
- **Examples:** Immediate access to care corrections and urgent enrollments.

Regular Submissions:

- **Timeline:** 5 – 7 business days
- **Examples:** Routine changes like adding new hires, enrollments, terminations or class transfers.

Retro Changes:

- Carrier retro rules only allow CalVEBA to retro change within 60 days

Month-End Close:

- Period closed on the **2nd to last Friday of the month.**
- Invoices are generated

Ways to Submit Eligibility Changes

01

Email

Email the Operations Team

Send your request directly to the Ops team via email. Ideal for urgent or one-off requests.

Email:
operations@vebaonline.com

02

File Feed

MDEC weekly file

Weekly EDI file feed and bulk submission. Best for large-scale updates or recurring data transfers.

03

Portal

Login & Upload

Access the portal to upload your eligibility request.

ARESONline weblink:
<https://er.myaresonline.com>



Close



Print



Employee



Notes



Documents

Current Subscriber Info

Subscriber	Bryan D Sabori
SSN	XXX-XX-9301
Birthdate	07/10/1970
Gender	Male
Marital Status	Married
Address	121819 Test Address Dr. San Diego CA 92106-2106
Home Phone	555-017-8069
Plan Elections	Class: Active <ul style="list-style-type: none">Medical - UnitedHealthcare - HMO Network 1-D Custom - SignatureValue Performance HMO - Network 1<ul style="list-style-type: none">Coverage 1/1/2018



Save



Cancel

New Member Note

Member

Select a Member

Please select a member

Category

General

Priority

Normal

* Subject

* Note

Notify

Select a recipient (optional)

Follow-up

Date

MM/DD/YYYY



Follow-up

Completed

MM/DD/YYYY



ARESonline Portal

What's Available

- Employees
 - Search using name, DOB, SSN
 - Check member's eligibility status
 - Submit changes via notes and documents
 - Track historical view of member cases

Save Cancel

New Member Document [Hide Info](#)

Note: Maximum document size is 20 MB, maximum number of files per upload is five (5)

[Hide Info](#)

Category General

*** Documents** Drop files here to upload

*** Description**

Note

Notify Select a recipient (optional)

+ New Upload Show Archived Clear Filters

Action	Category	Description
	<input type="text"/> <input type="button" value="▼"/>	<input type="text"/> <input type="button" value="▼"/>
Open <input type="button" value="📄"/>	General	2026 February Variance Report

ARESonline Portal

What's Available

- Documents
 - Submit general eligibility changes – enrollment forms, supporting documents
 - Download files – variance reports, invoices

Action	Report Name	Description
Run	Detailed List of Benefits	List of all plans available for each class/group.
Run	Member Count by Carrier Plan Report	An accumulated count of active employees and dependents in each benefit plan - health, vision, and dental.
Run	Member Census Export	A census (i.e. contact information, class, group, and health plan details) of all employees and dependents.
Run	Dependents Turning Age Report	A list of dependents who will be turning a certain age within the specified range.
Run	Employees & Dependents Turning Age Report	A list of employees and dependents who will be turning a certain age within the specified date range.

ARESONline - Enter Report Criteria

 Dependents Turning Age Report* Turning Age * From Date * To Date

ARESONline Portal

What's Available

- Reports
 - Member Census
 - Member count by carrier
 - Detail list of benefits
 - Dependent turning of age (26)
 - Medicare turning of age (65)

+ New User Show Archived Clear Filters

Action	First Name ↑	MI	Last Name	Job Title	Email	Portal Access
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Yes <input type="radio"/> No <input type="radio"/>
Open	Jane		Doe	Manager	[REDACTED]	Yes
Open	John		Williams	Benefits Administrator	jwilliams@abcschools.net	Yes

ARESONline - User Account

Close Edit

User Account Info

Name Jane Doe

Email [REDACTED]

Job Title Manager

Work Phone 858-353-6666

Mobile Phone

Created By System Administrator

Created 10/19/2017 2:43 PM

Modified By Jane Doe

Modified 7/12/2018 8:30 AM

Portal Access Yes

ARESONline - Edit User Account

Save Cancel

User Account Info Hide Info

Note: Email address **cannot be changed** once inputted, only the ARES system administrator can change the user account email

Hide Info

Email [REDACTED]

*** First Name**

Middle Initial

*** Last Name**

Job Title

Work Phone

Mobile Phone

Status Active

ARESONline - User Account

Close Edit Reset Password

ARESONline Portal

What's Available

- Accounts
 - Add/Remove Portal Access
 - Reset Password



Best Practices

Avoid Delays: Always Include the Following Information

- **Employee/Dependent Details**
 - Full Name, SSN, DOB, Gender & Address
- **List all eligible benefits**
 - Medical, Dental, Vision
- **Bargaining Units**
 - Active, ERT, Certificated, Classified
- **Qualifying Life Event**
 - Must meet IRS regulations
 - Submit changes **within 31 days** of the event
- **Reference:** Member Benefits Guide, Eligibility Section (page 9)

Medicare Group Plan

CalVEBA Post-65

- Retiree's coverage now directly managed by CalVEBA
- Single Coverage only
- Premiums paid directly to CalVEBA

Contact:

post65inquiries@vebaonline.com



VS

What's the difference?

Employer Medicare

- Retiree's coverage managed by the employer
- Single, Two-Party or Split Coverage
- Premiums paid directly to employer

Contact:

Marissa Reyes
mreyes@vebaonline.com

Amy Rocco
arocco@vebaonline.com

Contact Ben Admin / Operations

Eligibility: operations@vebaonline.com

MDEC File:

- Hershey Hebron-Sanchez – hsanchez@vebaonline.com
- Bilal Abualjis – babualjis@vebaonline.com
- Letty Sandoval – lsandoval@vebaonline.com

Employer Medicare:

- Marissa Reyes – mreyes@vebaonline.com
- Amy Rocco – arocco@vebaonline.com

CalVEBA Post65 Medicare:

- Charity Waldo – post65inquiries@vebaonline.com

COBRA:

- Ashley Sheykhsoltan – asheykhsoltan@vebaonline.com
- Ryan Kerrigan – rkerrigan@vebaonline.com

THANK YOU!

CALVEBA Advocacy



Today's AGENDA

JOINING YOU TODAY

Sarah Holcombe

Supervisor, Advocacy

01

Who we are

02

What we do *and* don't do

03

Why we do what we do

04

How we Advocate

Advocacy Team Members



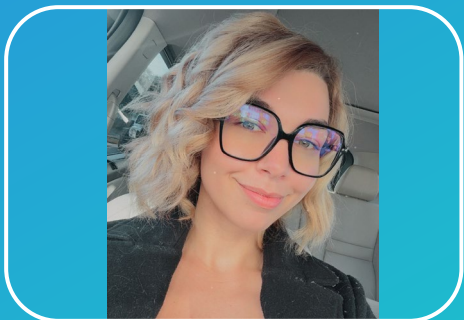
Sarah



Ginger



Monic



Sapphire



Kianna



Brenda

What We Do

01

Resolve
member issues
end-to-end

02

Bridge
departments for
resolutions

03

Communicate
responsibly and
empathetically

What We Don't Do

01

Make decisions
or fill out forms
for members or
carriers

02

Schedule clinic
or doctor
appointments

03


Process
payments or
bills for the
member

Our Mission



Why it Matters

No one is navigating
healthcare alone



Knowledgeable guidance for
a smooth experience



Employer burden is reduced
and members are supported

01

Operations

02

Account
Management

03

Underwriting &
Carriers

The Ecosystem

Our Partners

- ✓ We can't always solve the problem, but we know where to go...
- ✓ Our colleagues have very specific, detailed, niche roles!
- ✓ We create a partnership with the right department so that member issues are resolved quickly and appropriately.

Advocacy in Action

A Case Study

A member attempts to use their insurance at their medical provider.

The member is told they are **not active** or the system **shows incorrect coverage**.

The member calls you, concerned there is a change in their coverage.

As a BA, you reach out to Advocacy. **What now?**

01 **Operations** confirms enrollment details and demographics.

02 **Advocacy** notices a spike in similar calls from the same employer group. **Account management** is looped into the escalation with the **carrier** for **employer** transparency.

03 **Advocacy** reaches out to the **carrier** to ensure the **medical provider** is updated. **The member has no further delays.**

THANK YOU!

Member Support Overview

Advocacy

- **What can Advocacy help with?**
 - Claims Issues
 - Authorization Issues
 - Benefit Questions
 - Access & Quality of Care Issues
 - Prescription Issues
 - **How do I contact?**
 - Department Phone Number
 - 888-276-0250 (option 2)
 - Online Contact Form
 - vebaonline.com/contact
 - Department Email
 - advocacy@vebaonline.com
- *(Employer Use ONLY)****

Benefit Administration (Operations)

- **What can Operations help with?**
 - Enrollment Issues
 - Plan Changes
 - Eligibility Issues
 - Inactive Coverage Issues
 - Demographic Changes
- **How do I contact?**
 - Department Email
 - operations@vebaonline.com

Underwriting



Today's AGENDA

JOINING YOU TODAY

Micah Baldrige
Strategic Consultant

- 01 ASI Full Service Federal COBRA
- 02 Important Renewal Dates
- 03 Alternative Plan Options

FULL-SERVICE FEDERAL COBRA ADMINISTRATION

Powered by ASI COBRA

What's Included:

- ✓ Member support
- 📊 Enrollment data management
- 💳 Payment processing
- 📁 Compliance with federal COBRA regulations

Who's Eligible:

- All CalVEBA districts/groups
- All CalVEBA & Non-CalVEBA Lines of Coverage

How Do I Get More Information?

- Reach out to your dedicated CalVEBA Account Manager for more information, needed documentation and information.
- The next implementation phase is October 1, 2026!

Using a Different Administrator?

- 🔄 Work with your benefits tech platform to set up file feeds
- ☎️ Contact your Account Manager for transition support

Member Impact:

- 🎯 • New portals & support lines
- 📅 • Advance notice with instructions
- Secure data transfer with privacy safeguards



OCTOBER 1, 2026 ASI COBRA IMPLEMENTATION TIMELINE

01

Your Account Manager will provide the following documents:

- ASI Implementation Document
- ASI Takeover Spreadsheet
- ASI General Info Flyer
- ASI Recorded Training Video

ASI Contract will be sent to the group signor in September 2026

02

July 2, 2026: Final Implementation Document delivered to ASI

July 24, 2026: CalVEBA Employer profile is established in ASI COBRA system

July 24, 2026: Employer to check and confirm plan rates confirmed in ASI system

03

August 27, 2026: COBRA Participant Takeover Spreadsheet is due

September 3, 2026: COBRA Takeover Notices sent to members

September 2026: Employer/ASI implementation meeting and training

IMPORTANT RENEWAL DATES

CALIFORNIA SCHOOLS
VEBA





IMPORTANT RENEWAL DATES*

- ✓ **August 20 - CalVEBA Advisory Council Meeting**
 - Located at the Town & Country San Diego
 - More detail to come!
- ✓ **October 16 - District Plan Selections Deadline**
 - If no selections are received, plans will be defaulted to the in force 2026 plans.
 - Selections must be agreed upon by signatories from each Bargaining Unit.
 - Custom Materials will be distributed 10 business days after District Plan Selections are turned in.
- ✓ **November 6 - Last Day of Open Enrollment**
 - If last day of Open Enrollment is after this date, CalVEBA cannot guarantee that ID cards will be to members before the January 1, 2027 renewal date.
- ✓ **January 1, 2027 - CalVEBA Plan Renewal Date**

*Dates are subject to change and will be finalized in the coming months

ALTERNATIVE PLAN OPTIONS

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ALTERNATIVE PLAN OPTIONS

Where Can I View the Other Plans that CalVEBA Offers?

- Alternate plan options can be seen in your 2026 Renewal Packet
 - CalVEBA plan designs are standard
 - Please note that the plans displayed do not include rates. To obtain rates for your preferred alternate plan(s), kindly reach out to your dedicated Account Manager.
- District Analysis can be provided in specific cases. Please contact your dedicated Account Manager to request a District Analysis



2026 Renewal

VEBA District Example 1

Bargaining Unit

The information contained herein is subject to the disclosures and disclaimers on the final page of this report/proposal/review.

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UnitedHealthcare CS VEBA Alliance HMO Plan Summaries
Effective Period: January 1, 2026 - December 31, 2026
No plan design changes for 2026

Benefit Summary	UHC CS VEBA Alliance HMO \$10/100%	UHC CS VEBA Alliance HMO \$15/100%	UHC CS VEBA Alliance HMO \$20/\$150A	UHC CS VEBA Alliance HMO \$25/\$150/\$150A
	What You Pay	What You Pay	What You Pay	What You Pay
Medical Deductible (Individual/Family)	None	None	None	None
Medical Out-of-Pocket Maximum (Individual/Family)	\$1,500 / \$3,000	\$1,500 / \$3,000	\$1,500 / \$3,000	\$3,000 / \$6,000
Health Account	None	None	None	None
PCP Office Visit	\$10 copay	\$15 copay	\$20 copay	\$25 copay
Specialist Office Visit	\$10 copay	\$15 copay	\$20 copay	\$25 copay
Preventive Care	No charge	No charge	No charge	No charge
Inpatient Hospital Care	No charge	No charge	\$250 admit copay	\$500 admit copay
Mental Health Services (outpatient/repeat)	\$10 copay / No charge	\$15 copay / No charge	\$20 copay / \$250 admit copay	\$25 copay / \$500 admit copay
Substance Abuse Services (outpatient/repeat)	No charge	No charge	No charge	No charge
Outpatient Diagnostic Laboratory and Radiology (standard/procedures)	No charge	No charge	No charge	No charge
Complex Radiology (PET, MRI)	No charge	No charge	\$100 copay	\$200 copay
Outpatient Surgery	No charge	No charge	No charge	\$250 copay
Outpatient Physical Rehabilitation Therapy (Office Visit)	\$10 copay	\$15 copay	\$20 copay	\$25 copay
Chiropractic and Acupuncture Services*	\$10 copay	\$15 copay	\$20 copay	\$25 copay
Urgent Care (Office Visit only)	\$10 copay	\$15 copay	\$20 copay	\$25 copay
Emergency Room (Copay waived if admitted)	\$100 copay	\$100 copay	\$150 copay	\$150 copay
Rx Deductible (Individual/Family)	None	None	None	None
Rx Out-of-Pocket Maximum (Individual/Family)	Combined with medical	Combined with medical	Combined with medical	Combined with medical
Rx Formulary List	National Preferred	National Preferred	National Preferred	National Preferred
Rx Pharmacy Network	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**	Express Advantage Network**
Short-Term Prescription Drugs** (up to 30-day supply)	\$10 Generic / \$20 PB / 50% \$40 min \$175 max NPB	\$10 Generic / \$20 PB / 50% \$40 min \$175 max NPB	\$10 Generic / \$20 PB / 50% \$40 min \$175 max NPB	\$10 Generic / \$20 PB / 50% \$40 min \$175 max NPB
Long-Term Prescription Drugs** (up to 90-day supply)	\$20 Generic / \$40 PB / 50% \$80 min \$250 max NPB	\$20 Generic / \$40 PB / 50% \$80 min \$250 max NPB	\$20 Generic / \$40 PB / 50% \$80 min \$250 max NPB	\$20 Generic / \$40 PB / 50% \$80 min \$250 max NPB

*Chiropractic and Acupuncture services have no out-of-pocket maximums, must be medically necessary and may be subject to prior authorization from OptumHealth.
**Day standard copays if you fill your prescription at an IDN Pharmacy (IDN Pharmacies include Rite Aid, Costco, Kroger, Walgreens, Safeway, Wal-Mart, and many independent pharmacies) visit www.ExpressScripts.com for a complete list of IDN pharmacies.
***Day standard copays plus \$0 copay/visit if you fill your prescription at a non-IDN Pharmacy (non-IDN Pharmacies include CVS, Walgreens, and certain independent pharmacies).
****You will pay the Initial Self-Administered (ISA) penalty (equal to 2 times short-term medication copay for 30-day supply) if you fill long-term prescriptions at a network pharmacy other than SmartRx (SmartRx, Costco, and Costco Pharmacy Pharmacies).
*****Copays waived for preventive genetic, reproductive, gynecologic, and behavioral medications purchased at mail or SmartRx ID. This does not include sexual health or brand drugs.
*****G = Generic, P = Preferred, B = Brand, PB = Preferred Brand, NPB = Non-Preferred Brand, S = Specialty
*****Disclaimer: Prepared by IPA, San Diego on behalf of CS VEBA.
This document is an outline of the coverage provided by the currently listed organizations provided by your company. It does not include all the terms, coverages, exclusions, limitations and conditions of the actual contract language. The policies themselves may be used for more details. The intent of this document is to provide you with general information about your alternate benefit plans. It does not necessarily address all the specific issues which may be applicable to you. It should not be construed as, nor is it intended to provide, legal advice. Questions regarding specific issues should be directed to your Human Resources/Benefits Department.



THANK YOU!



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Wellbeing Consulting

Workplace Wellness Support



Today's AGENDA

JOINING YOU TODAY

Evelynn Amabeoku

*Client Wellbeing & Engagement
Consultant*

01

Wellbeing Team

02

Wellbeing Consulting

03

Workplace Wellness Offerings

04

How to Request

Wellbeing Team Members

Client Engagement & Wellbeing Consultants

Evelynn Amabeoku San Diego County: Central, North Inland, South Bay.
Inland Empire (partially)

Beth Jaksha San Diego County: East, North Coastal, North Inland,
Mountain/Desert. Imperial County

Jess Plasencia Orange County, LA County, Inland Empire,
Northern California

Wellbeing Specialist

Fernanda Moreno All regions



WELLBEING CONSULTING

- ▶ **Tailored Solutions:** Align goals, trends, and resources for Wellness programs tailored to your unique needs
- ▶ **At your Site:** Strategic planning to utilize movement classes, professional development trainings, and health education
- ▶ **Ongoing Support:** Dedicated wellness committee assistance and long-term wellness program partnership

For more information on how your district can implement a well-being program, visit

VebaResourceCenter.com/Wellbeing

VEBA Wellbeing Class Offerings

Meditation

CALM FOCUS

Enhance your ability to respond to life's challenges with our calm focus meditation class. Through guided meditation, breathing and mindfulness techniques, you'll stabilize the mind and harness your inner stillness. This class will help you gently shift from feeling overwhelmed to calm concentration. All experience levels are welcome in this peaceful, supportive space.

EVENING WIND DOWN

Relax into your body to release stress and tension accumulated throughout the day. This class combines gentle stretches, guided meditation, and tools to restore the nervous system, easing it into a state of calm, preparing your mind and body for a restful night's sleep. Great for all levels, this class creates a peaceful, supportive atmosphere, helping you unwind and restore balance before bedtime.

MEDITATION FOUNDATIONS

Learn the foundations of mindfulness meditation. Through guided practice and simple awareness of body and breath, you will cultivate a state of calm focus, enabling you to respond to life in an aligned, open way. Great for beginners and those with an existing practice.

MINDFULNESS

In this class, you will learn the art of mindfulness—being fully present in the moment. Through guided meditation, you'll develop awareness of your environment, thoughts, and sensations, discovering the calm, inner observer within you. Whether you're new to meditation or seeking to enhance your practice, this class offers a supportive environment to cultivate a deeper sense of presence, build emotional resilience, and embrace each moment as it comes.

MORNING MINDFULNESS

Our morning practice is designed to help you greet the day with intention, awareness and a positive tone. Through guided meditation, breathing and mindfulness practices, you'll be ready to move at your own pace and meet each moment with presence and openness.

SELF-COMPASSION

This class will help you create a more positive relationship with yourself. Using your breath, sensations and thoughts as points of focus, you'll connect to your inner world. You'll be gently guided to listen and explore thoughts and feelings with compassion, curiosity, and non-judgment. As you connect to your inner value, you'll slowly shift from judgment to openness, understanding, and forgiveness.

Yoga

BEGINNER YOGA FLOW

Great for beginners, this class introduces foundational poses that connect breath to movement. You'll focus on safely transitioning between poses, proper alignment, and creating a mind-body connection. The instructor will offer modifications to support all experience levels and cues to gain confidence in your practice. This class fosters a supportive and non-intimidating environment while laying the foundation for a more advanced practice.

CHAIR YOGA

Chair yoga provides the opportunity to practice modified sun salutations while sitting in the comfort and safety of a chair. This class is recommended for those who have difficulties moving up and down from the floor (knees, hip, joint, arthritis concerns). Great for all levels.

FLOW TO STRETCH

This is a class for those looking to increase flexibility. You'll learn to observe your body with compassion and acceptance by releasing attachment to results and comparison. You will increase your flexibility, expand your range of motion, and gently ease tension with breath. This class includes stretching and flow sequences. Great for all levels.

SUNRISE YOGA

Shift the way you show up by starting your day with a gentle flow to warm up the body and spine. Additionally, you will be guided through positively focusing your mind to support clarity and energy levels throughout the day. Great for all levels.

VINYASA YOGA FLOW

You will be guided through the foundations of Vinyasa including sun salutations and connecting your movements to your breath. Enjoy simple, feel-good flows to increase balance, flexibility and confidence. Great for all levels.

YIN YOGA AND MEDITATION

Yin Yoga is a slow-paced class with longer holds to stretch the connective tissues of the body to increase flexibility and release stored tension. You will be guided through postures that support a natural release of hips, pelvis and spine. Expect floor poses held for longer durations which challenge the body and mind.

YOGA & MEDITATION

Gentle yoga followed by a relaxing guided meditation.

YOGA NIDRA

Yoga Nidra is a guided journey deep into your subconscious to promote clarity and well-being. Your instructor will guide you through body relaxation, guided meditation, and visualization to help you enter a state of deep relaxation while your mind remains awake. This class is for all experience levels and will be practiced lying down on the mat.

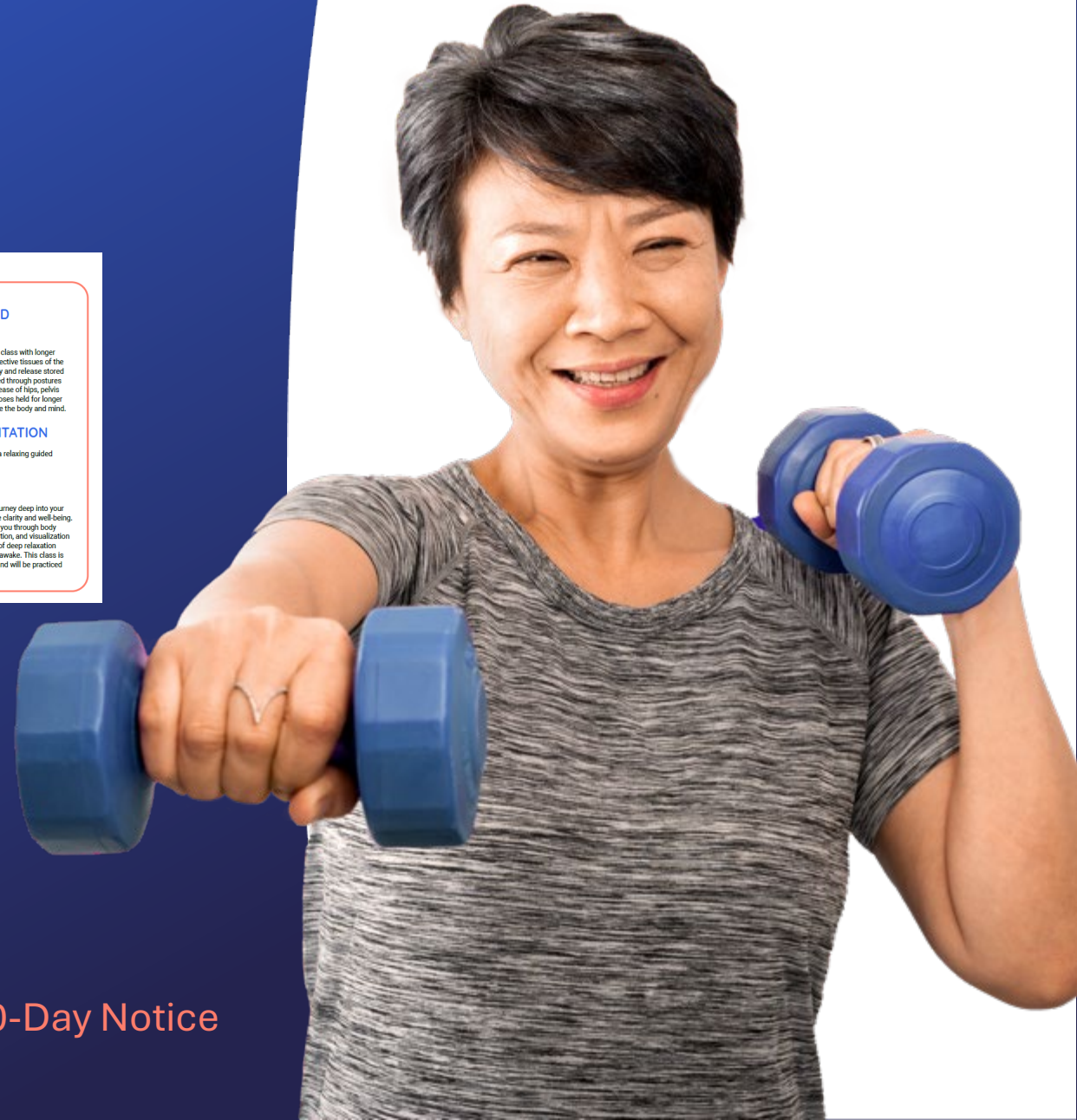
Strength Training

FUNCTIONAL STRENGTH TRAINING

Our functional full-body strength training class focuses on exercises that will support you in everyday life. Develop strength, stability, coordination, and endurance in movement patterns you use every day, such as lifting, bending, pushing, pulling, and twisting. This class caters to all fitness levels, with modifications available for beginners and more advanced participants.

STRENGTH TRAINING WITH RESISTANCE BANDS

Join us for this beginner/all levels class that incorporates low impact movements and light cardio training to build muscle and burn fat safely using resistance bands. This class allows for gentle progression and modifications.





VEBA Providers & Partnerships

**United HealthCare
Kaiser Permanente
Optum Global Training**

- ✓ Stress Management
- ✓ Professional Development Trainings
- ✓ Emotional Wellbeing Workshops
- ✓ Health Education Presentations

For more information on how your district can implement a well-being program, visit VebaResourceCenter.com/Wellbeing.

**Requires minimum 30-Day Notice*

CALVEBA HEALTH FAIR EVENTS

Know Your Numbers

CalVEBA, UHC, and KP partner to offer Mini Health & Wellness Fairs at various participating group sites across Southern California.

Each event will include:

- ▶ Biometric Screenings
- ▶ Benefits Information
- ▶ Fun activities
- ▶ And more!

*Requires minimum 6-Week Notice



How to Request

Getting Started is Easy

Help us tailor your experience:

Identify your team's top interests

- **Wellness Survey Toolkit**

Align with goals & discuss any special considerations

Choose preferred delivery format and frequency

Request a Wellbeing Consultation via Calendly

01 Complete the Employee Wellness Interest Survey to learn your colleagues' preferences

02 Review survey results and available activities/topics from the catalogs with VEBA Well-being Consultant

03 Work with your leadership to determine a date and submit a *Class Request Form* with 30-60 days advanced notice

Advanced Notice Required

01

VEBA Classes

30 Days for Virtual or In-Person Activities

Attendance Requirements

Minimum 5 participants for Wellbeing class activities

Minimum 8-12 participants for Speaking Engagements

02

Optum Training

30 Days for Virtual or In-Person

Attendance Requirements

Minimum 8-12 participants for trainings

03

Kaiser Permanente

**4-6 Weeks for Virtual
8-12 Weeks for In-Person**

Attendance Requirements

Minimum 20 participants for trainings



Beth Jaksha

Evelynn Amabeoku

Jess Plasencia

CLIENT WELLBEING CONSULTANTS

Your Wellbeing Consultant is a VEBA wellness advisor functioning as the account liaison, working with the internal support team, to ensure we are delivering on your service expectations

Your
VEBA
CONTACT



SCAN HERE

WELLBEING TEAM SUPPORT CONTACT

 Wellbeing@vebaonline.com

Schedule Wellbeing Consultation

[Wellbeing Consulting - VEBA Resource Center](#)

[Beth | Calendly](#)

[Evelynn | Calendly](#)

[Jess | Calendly](#)



THANK YOU!



CALIFORNIA SCHOOLS

VCBA

YOUR HEALTH, OUR PURPOSE

Eligibility Verification Review



Who We Are

Eligibility Verification Review

The Eligibility Verification Review (EVR) Team partners with participating employers to ensure that dependent enrollments align with plan eligibility requirements. The team conducts consistent, confidential reviews to support plan integrity, promote fairness, and help maintain accurate and sustainable benefit coverage.

01

Partners with participating employers to ensure accurate dependent enrollment

02

Reviews dependent eligibility in accordance with compliance

03

Applies consistent, confidential, and fair governance standards

What is an Eligibility Verification Review?

01

Purpose of EVR:

An Eligibility Verification Review (EVR) is a standard governance process to confirm that all enrolled dependents meet plan eligibility requirements.

02

What It Involves:

- Reviewing enrolled dependents against coverage criteria
- Validating eligible relationships (e.g., spouse, child)
- Review required documentation for proof of eligibility

03

Why It Matters:

- Ensures only eligible dependents are covered.
- Protect plan assets and sustainability.
- Promotes fairness and plan integrity.

Contacts

Your CalVEBA Support Team

CALIFORNIA SCHOOLS
VEBA



01

Client Contact
Verifications

02

Open
Enrollment

03

Advisory
Council

Key Reminders

Account Management

- ✓ Account Managers to conduct Client Contact outreach
- ✓ Open Enrollment planning underway
- ✓ Account Managers available for any support needs
- ✓ Advisory Council: August 20th, 2026

CalVEBA Client Services Team

Erin Krehbiel



AVP, Client Services

Heather Simonson



Ombudsmen

Javier Garcia



Client Services Supervisor

Matt Ogden



Account Manager

Kendra Jones



Account Manager

Nick Urbiztondo



Account Manager

Francisco Gaona



Account Manager

Account Manager	Contact	Territory
Javier Garcia	javier_garcia1@rpadmin.com 415-244-2129	<i>East County San Diego / Riverside County / San Bernadino County</i>
Matt Ogden	matt_ogden@rpadmin.com 949-290-8047	<i>Northern and Central San Diego County</i>
Nick Urbiztondo	nick_urbiztondo@rpadmin.com 510- 472-5227	<i>Orange County / Los Angeles County / Riverside County</i>
Kendra Jones	kendra_jones@rpadmin.com 919-597-8934	<i>San Diego County / Northern California</i>
Francisco Gaona	franciscox._gaona@rpadmin.com 619 865-6050	<i>Southern San Diego County</i>

THANK YOU!

We Love
YOUR FEEDBACK!



SCAN HERE