



April 2024

VEBA MEMBERS

VEBA Resource Center Carlsbad GRAND OPENING

California Schools VEBA is excited to announce the opening of the newest member VEBA Resource Center (VRC) location in Carlsbad, open to members as of April 1, 2024!

Address:

6183 Paseo Del Norte, Suite 100
Carlsbad, CA 92011
Inside of the NextMed Building

Hours of Operation

Monday – Thursday, 12 pm to 7 pm

Offerings

- [Care Navigation](#) (Appointment only)
 - [Acupuncture](#) (Appointment only)
 - More coming soon!
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Healthier Futures Start with Embracing Preventative Care

You should prioritize preventative care to achieve and maintain optimal health throughout every stage of your life. By taking proactive measures to prevent illness and disease, you can significantly improve your quality of life and longevity.

Our featured blogs delve into essential aspects of preventative care, offering valuable insights and practical tips to empower you in your health journey. From understanding the importance of regular screenings tailored to your different life stages to adopting heart-healthy eating habits and managing your blood pressure effectively, to navigating fertility concerns with informed decisions and proactive steps, each blog provides actionable strategies to promote your overall wellness.

Embrace the power of preventative care today and explore these featured blogs:

- Learn [The Importance of Preventative Care](#) and utilize our yearly screening recommendations across different age groups.
 - Find out what [Eating for a Heart Healthier You](#) means and how you can incorporate small substitutions to make a positive impact on your overall health.
 - Discover [5 Tips for Managing Your Blood Pressure at Home](#) for those experiencing high blood pressure or would like to be proactive.
 - Read our [Fertility After 35: Your Questions, Answered](#) blog to understand fertility as we age and what you can do to improve fertility.
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Download the VEBA App

MyVEBA at Your Fingertips!

With access to your personalized benefits information, the MyVEBA app offers easy and on-the-go use. Stay tuned for more information on future updates! Click the links below to download the MyVEBA app today!

[Download for Apple](#)

[Download for Android](#)

New VRC Classes and Schedule

Did you know that the VEBA Resource Center – Mission Valley (1843 Hotel Circle South) now offers classes 4 days a week, with new classes like Qi Gong, Flow to Stretch, and The Sculptor? Plus, we now offer virtual classes every Saturday and Sunday morning! Start your weekends off right in the comfort of your home with cardio, yoga, or a breath work meditation. [Explore our offerings here!](#)

Download Your Digital ID Card

Electronic versions of ID cards should be available upon enrollment by the carrier. Directions on how to download your digital ID card can be found [here](#).

Item to note: Some carriers no longer offer physical ID cards so your digital ID card will be your main ID card.

Free Mental Health Webinar Series for Parents/Caregivers

Rady Children's Hospital is offering a youth mental health webinar series for parents/caregivers starting this month. These webinars are online and FREE to attend. Each month focuses on a different common mental health topic faced by our youth today. [Click here to view the webinar series flyer.](#)

This webinar series will provide information on the most common mental health challenges faced by youth today and will provide tips and tools to parents and caregivers to help them support the youth in their lives.

It is offered through a partnership with the San Diego County Office of Education and medical and mental health experts with the Transforming Mental Health Initiative at Rady Children's Hospital-San Diego.

[Click here to view and register for the upcoming webinars.](#)

Behavioral Health and Mental Well-Being Resources

The VEBA Resource Centers (VRCs) are here to support you and your family's mental well-being tackling challenges like managing stress, smoking cessation, and getting help for more serious mental health issues.

VEBA launched an onsite EAP program through the VRC, in partnership with Optum, which enables VEBA members (age 18+) to quickly schedule time with VEBA's onsite Dedicated Workplace Support Consultant (formerly known as VEBA-dedicated Optum EAP Consultants).

Appointments are available:

- In-person at the VRC – Kearny Mesa location
- Virtually by phone or video consultation

To schedule an appointment with an Optum Dedicated Workplace Support Consultant, visit the [Optum Portal](#).

Did you know? You also receive behavioral health benefits through your health plan. These benefits include prevention resources, as well as medical care for more serious behavioral health conditions. To learn more about what VEBA benefits are available to you and your dependents, call our Advocacy Department at [888-276-0250](tel:888-276-0250) or visit vebaonline.com/contact to submit a request.

Looking for a therapy appointment? Check out these options available:

- Talkspace offers therapy for EAP beneficiaries when you need it – no appointment necessary. Connect virtually with a licensed, in-network provider including unlimited text messaging and real-time audio/video appointments. To get started, call [888-625-4809](tel:888-625-4809) to obtain an authorization code before registering (first visit only), then choose a provider and message anywhere, anytime.
- Appointments are also available to VEBA members through Psych Centers at San Diego (PCSD). Call PCSD at 619-528-4600 ext. 7878 with your authorization code to schedule your appointment.
- Group therapy and personalized therapy telehealth sessions are Optum Emotional Wellbeing Solutions benefits (formerly known as Optum EAP). To get started: Contact Optum at 888-625-4809 to obtain an authorization code.
- Kaiser members: call 833-579-4848 to make an appointment with a mental health professional. No pre-authorization is needed.
- UHC members: call the number for Mental Health on the back of your Benefits ID card.

Important note: If you cannot wait for an appointment with your benefits provider, call the VRC at 619-398-4220 for more information about the VRC-based therapists you can see sooner. In-person and virtual appointments are available.



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VEBA Online Video Library

Life is busy! If you are unable to make it to an in-person VRC class, our online [video library](#) offers a wide variety of on-demand fitness and wellness classes you can access at your convenience.

During Cancer Prevention Month, you are reminded that you have the power to take control of your health and reduce your risk of cancer. Use this month as an opportunity to spread awareness, educate others, and take proactive steps towards a cancer-free world. You can also find informational videos on various health topics each month.

This month, we are focusing on preventative care and cancer screenings. Check out [the library](#) for these featured videos:

- Skin Cancer Prevention: How to Check Your Skin
- 5 Things to Know About Cervical Cancer Screening
- Colon Cancer: Screening Tests and What the Results Mean

Stay Informed!

Transform your well-being! Subscribe to our newsletter for important updates, resources, and free classes and events available to you. [Sign up today](#) to receive wellness tips straight to your inbox!

VEBA Advocacy

Navigating the healthcare system can be confusing and complicated, but VEBA is here to help. The VEBA Advocacy team can help you resolve various issues like:

- Scheduling appointments
- Bill payment
- Quality of care
- And more!

Contact the VEBA Advocacy team Monday-Friday from 8 am to 5 pm by calling 888-276-0250 or visit vebaonline.com/contact to submit a request. For Urgent requests, please click the "Urgent" box located on the contact form. Inquiries typically receive a response within one business day of receipt.