

## CALIFORNIA SCHOOLS VEBA (VEBA) MEMBERS

### **New: Download “Appointment Ready: Your Doctor’s Visit Prep Guide”**

Optimizing your time with your doctor not only enhances the quality of care you receive but also enables you to actively participate in your healthcare decisions.

Go into your appointments feeling well-prepared, organized, and confident! Whether you are visiting a specialist or a general provider, here are valuable tips and suggestions to prepare for your appointment, what questions to ask, and how to communicate your symptoms and concerns effectively.

[Download this toolkit today to help make the most of your next visit!](#)

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### **New Videos**

#### **Embracing Health and Mental Well-being with Confidence**

VEBA presents "Embracing Health and Mental Well-being with Confidence", a roundtable discussion featuring a panel of medical professionals.

Packed with expert advice, you will be equipped with the tools and knowledge needed to foster stronger partnerships with your providers and to better navigate your health journey together.

[Watch the roundtable here.](#)

#### **Optum Emotional Wellbeing Solutions (EWS)**

You and your dependents (18+) have access to dedicated consultants through VEBA's partnership with Optum Emotional Wellbeing Solutions (EWS), formerly known as EAP.

To help you through life’s challenges, EWS Dedicated Consultants are available:

- Virtually or
- At the VRC - Kearny Mesa

[Learn more about this free benefit.](#)

## Pelvic Floor Health

Learn about the importance of your pelvic floor and how you can strengthen this vital area of the body. Andrew Martinez, Coach and Owner of Built Well for Birth guides you through various exercises and techniques that work to improve your pelvic floor strength.

No matter who you are, these valuable insights and actionable steps can help improve your overall well-being!

[Watch the video here.](#)

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## Wellness Wherever You Are!

Make the most of your summer while staying committed to your wellness routines! With virtual or on-demand classes, you can enjoy the flexibility of participating in workouts and wellness activities from the comfort of your own home or wherever you may be.

Whether you are traveling, spending time outdoors, or simply prefer the convenience of virtual options, VRC classes are designed to help you stay on track with your health goals.

Join us today and experience the freedom to prioritize your wellness, no matter where summer takes you!

[Sign up for a virtual class.](#)

[Explore the online video library.](#)

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## Download Your Digital ID Card

Digital ID cards are available upon carrier enrollment. Directions on how to download your digital ID card can be found [here](#).

**Important note:** Some carriers no longer offer physical ID cards, so your digital ID card will be your main ID.

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### 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](#)

**Prefer desktop access?** Visit the updated [MyVEBA online portal](#) from your desktop browser for the same important resources.

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### Behavioral Health and Mental Well-Being Resources

Quickly get support when you need it. Optum Dedicated Consultants are available to help you with a variety of issues — from stress and conflict resolution to communication strategies and beyond. This is a no-cost service available to VEBA beneficiaries and dependents over 18.

Appointments are available:

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

To learn more, [watch this video](#) or get started today by creating an Optum account and scheduling an appointment [here](#).

You also receive other behavioral health benefits through your health plan. These benefits include prevention resources and medical care for more serious behavioral health conditions.

To learn more about the VEBA benefits available to you and your dependents, call the VEBA Advocacy Team at 888-276-0250 or submit a request at [vebaonline.com/contact](https://vebaonline.com/contact).

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

- Talkspace offers therapy for EAP (Employee Assistance Program) beneficiaries when you need it – no appointment necessary. Connect with a licensed, in-network provider including unlimited text messaging and real-time audio/video appointments.
- To get started, call 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 Mindpath Health (formerly Psychiatric Centers at San Diego). Call 619-528-4600 with your authorization code to schedule your appointment.
- Group therapy and personalized therapy telehealth sessions are Optum Emotional Wellbeing Solutions benefits (formerly Optum EAP). To get started: Contact Optum at 888-625-4809 to obtain an authorization code.

AUGUST 2024



- 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 Advocacy

Navigating the healthcare system can be confusing and complicated, but guidance and support are available. The VEBA Advocacy team can help resolve various issues like:

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

Call the VEBA Advocacy team Monday-Friday from 8 am to 5 pm at 888-276-0250 or visit [vebaonline.com/contact](http://vebaonline.com/contact) to submit a request.

**Important note:** For urgent requests, please click the “Urgent” box located on the contact form. Inquiries typically receive a response within one business day of receipt.

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### Stay Connected on Social Media

Follow California Schools VEBA on social media to stay connected with your VEBA community! Discover upcoming events, gain expert tips, and learn about the latest news. Share your experiences with VEBA resources or benefits by tagging us in your posts.

[Facebook](#)

[Instagram](#)

[LinkedIn](#)

[YouTube](#)

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