



May 2024

## VEBA MEMBERS

### VEBA Closed for Memorial Day (5/27)

The VEBA/RPA offices and all VRC locations will be closed on Monday, May 27 in observance of Memorial Day. To see which live, virtual classes will be offered, check the [class calendar](#), or visit the [video library](#) for classes you take at any time that fits your schedule.

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### VEBA Resource Center Carlsbad Is Now Open

California Schools VEBA's newest VEBA Resource Center (VRC) location in Carlsbad is officially open to members! This satellite location currently offers virtual classes and programs, in addition to onsite group [auricular acupuncture](#) two days a week, [care navigation appointments](#), and a [reservable conference room](#) for up to eight people. Be on the lookout for upcoming services at this location, such as Optum Emotional Well-being Consultants.

#### 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

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### Mental Health Month

Your physical and mental well-being are both part of your whole health. One aspect of mental well-being that the VEBA Resource Center focuses on is self-regulation. You need to understand that self-regulation is how you deal with stressors and lays the foundation for everything else you do. You can monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and development. It only takes 5 minutes a day to practice self-regulation and improve your physical health, resilience, and ability to face difficult life circumstances.

Visit [vebaresourcecenter.com/mental-wellbeing](http://vebaresourcecenter.com/mental-wellbeing) to download a FREE toolkit and discover resources to help support you and your family's mental well-being, this month and beyond.

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### Download Your Digital ID Card & the MyVEBA App

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.



May 2024

### 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](#)

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### Navigating Life Transitions Pilot Program

Introducing our eight-week Navigating Life Transitions pilot program, led by licensed therapist Crystal Powers, MA, LMFT. Whether you're preparing for marriage, adjusting to parenthood, or facing unforeseen challenges, join us in a supportive, confidential environment to navigate life's changes with resilience and empowerment.

You can participate in any of the sessions that interest you, either online or in person, ensuring flexibility to suit your needs. Register now to reserve your spot in our upcoming group sessions, beginning April 29. To learn more [click here](#).

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### New VRC Classes and Schedule

Did you know that the VEBA Resource Center – Mission Valley (1843 Hotel Circle South) offers classes 4 days a week, with new classes like Qi Gong, Flow to Stretch, and The Sculptor? Plus, we 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!](#)

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### 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.](#)

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May 2024

## Behavioral Health and Mental Well-Being Resources

Quickly get support when you need it. Optum Dedicated Consultants are available to you virtually or onsite at the VEBA Resource Center – Kearny Mesa location. Receive assistance for a variety of issues — from stress and relationship issues to communication strategies and beyond. This is a no-cost service to VEBA beneficiaries only.

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 or visit [vebaonline.com/contact](http://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 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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May 2024

### 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. For Mental Health Month, learn how to self-regulate and manage your emotions with these featured videos in [the video library](#):

- 5 Ways to Cope When Things Feel Out of Control
- 5 Ways to Manage Your Emotions
- How to Do Mindfulness Meditation

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### 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](http://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.