

VEBA MEMBERS

Love Your Heart Event at VRC – Kearny Mesa

California Schools VEBA (“VEBA”) is partnering again with Live Well San Diego for the annual “Love Your Heart” event on Wednesday, February 14!

Show your heart some love! Join us at the VRC – Kearny Mesa for a day of heart-healthy activities, including:

- Free preventative care screenings:
 - Blood pressure check
 - Carotid Doppler (stroke)
 - Thyroid ultrasound
- Coronado lifeguards will be teaching compression-only CPR
- Chef Leslie will be providing a heart-healthy snack
- VRC Care Navigator Michele McNiff will lead a Mindfulness Meditation to help lower your heart rate
- Learn more about the programs and resources available through the VRC
 - Get a tour of the facilities and learn about the classes and offerings
 - Meet the VEBA Well-being team to learn about the programs available at your district site
 - Team members will be available to chat with and answer questions you may have about your benefits or VRC services

Learn more at <https://vebresourcecenter.com/calendar/events/>

Pump Up Your Heart Health!

February is American Heart Month. Show your heart some love by:

- Scheduling a blood pressure screening with your provider
- Making time for self-care to lower your stress
- Attending a VRC cooking class to learn heart-healthy recipes or get your heart pumping with an endurance-building cardio class

Visit vebresourcecenter.com for more heart-smart resources!

Holiday Closure

Both VRC buildings will be closed on Presidents’ Day Monday, February 19. Virtual classes will still be held. Please check our [class calendar](#) for available virtual classes, or visit our [Video Library](#) for on-demand content.



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Download the VEBA App

MyVEBA at Your Fingertips!

The new and improved MyVEBA app is here! 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](#)

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.](#)

COVID-19 Rapid Tests Available

Remember, every U.S. household can place an order to receive four more free COVID-19 rapid tests delivered directly to their home. Before you throw out "expired" tests: [Check to see if your COVID-19 tests' expiration dates have been extended.](#)

Click here to order more tests or to get more info: <https://www.covid.gov/tests>

New VRC Classes and Schedule

Have you explored the new VRC class calendar yet? We're excited to introduce 12 new classes this year along with weekend virtual classes! Some of these new classes include Gratitude Meditation, Tai Chi, Bedtime Sound Bath, and No Sweat Energy Boost. [Check out the new class calendar here!](#)

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.

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.



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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. We can address issues like managing stress, handling challenges such as smoking cessation, and getting help for more serious mental health issues.

VEBA launched a new onsite EAP program through the VRC. Our partnership with Optum 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 EAP 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. Want to learn more? Visit www.talkspace.com/connect or download the Talkspace app.

- 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.



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- 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.

VEBA Online Video Library

Life is busy! If you are unable to make it to an in-person VRC class, or live outside the area of one of our VEBA Resource Center, our online video library vebaresourcecenter.com/video-library offers a wide variety of on-demand fitness and wellness classes you can access at your convenience.

You can also find helpful videos on various health topics each month. You can also find helpful videos on various health topics each month. February is American Heart Month! Check out the featured videos for living a heart-healthy life.

- Heart-Healthy Diet
- 4 Heart-Healthy Changes to Lower Blood Pressure
- Heart Health: Where Will You Be in 5 Years?

Click here to view our library vebaresourcecenter.com/video-library

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.