

## CALIFORNIA SCHOOLS VEBA (VEBA) MEMBERS

### June 19 - VRC and VEBA/RPA offices will be closed for Juneteenth

The VEBA/RPA office and all VEBA Resource Center (VRC) locations will be closed on Wednesday, June 19 in observance of Juneteenth. To see which live, virtual classes will be offered, check the [class calendar](#), or visit the [video library](#) for classes you can take any time that fits your schedule.

---

### Reminder: The VRC - Carlsbad Is Open

VEBA's newest VRC location in Carlsbad 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

**Hours of Operation:**

Monday – Thursday, 12 pm to 7 pm

---

### It Starts in Your Gut

Gut health plays a crucial role in overall well-being and has a profound impact on various aspects of your health. Not only is a healthy gut essential for proper digestion and nutrient absorption, but it also influences mental health and brain function. By prioritizing gut health through a nutritious diet and lifestyle choices, you can enhance your well-being and reduce the risk of various health conditions.

Visit the [Cooking & Nutrition hub](#) for a comprehensive gut health toolkit featuring tips, recipes, and more to feel your best.

---

### The Transformative Power of Acupuncture

Have you heard of auricular acupuncture? It is a form of acupuncture that involves stimulating specific points of the ear to activate the body's natural healing response. Acupuncture can help regulate the digestive system by stimulating specific points that are believed to influence gut function.

Ready to try it? This service is available to you for **free** at all three VRC locations!

JUNE 2024



Visit the class schedule to find a location, day, and time that works best for you and get ready to harness the power of acupuncture for your mental wellness. [View the class schedule here to sign up for a session.](#)

---

### 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.

---

### 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 MyVEBA Portal.

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

---

### 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 VRC – 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 and medical care for more serious behavioral health conditions. To learn more about what VEBA benefits are available to you and your dependents, call VEBA Advocacy 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 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.

---

**Online Video Library**

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

---

**VEBA Advocacy**

Navigating the healthcare system can be confusing and complicated, but guidance and support is available. The VEBA Advocacy team can help 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](https://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.

---