

VEBA MEMBERS

Fertility and Healthy Aging

Take control of your health and embrace every life stage with confidence! Follow California Schools VEBA (VEBA) on social media for holistic resources this month on fertility, healthy aging, and navigating the transitions of menopause and andropause.

- [Facebook](#)
- [Instagram](#)
- [LinkedIn](#)
- [YouTube](#)

Our partners at Kindbody will host two informational Q&A webinars this month for VEBA members. March 14th – Fertility 101 & March 28th Menopause and Andropause. More information will be shared later on our [events page](#).

Optum EWS (formerly known as Optum EAP)

We all need someone to talk to when we need help through life's challenges. Speak to a consultant for help with problems and issues related to:

- Your relationships
- Your job
- Child care and elder care
- Legal assistance
- Substance abuse

Services offered through Optum Emotional Wellbeing Solutions (EWS) are offered at no cost to you and your covered family members.

Get Started: Visit liveandworkwell.com (use access code VEBA) or call [888-625-4809](tel:888-625-4809)

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](#)

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.](#)

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>

Free Mental Health Webinar Series for Parents/Caregivers

Rady Children's Hospital, in partnership with San Diego County Office of Education, 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.

[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, as 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 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. March is National Nutrition Month!

Check out these featured videos to learn how to make informed choices about your food.

- Pregnancy: Eating the Right Foods
- Diabetes: How to Build Your Plate
- Tips for Building Healthy Meals

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.