

April 2026

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH
OUR PURPOSE

APRIL MEMBER UPDATE

April At a Glance

- **Featured Recording:** Menopause & healthy aging
- **Virtual Workshop:** *Embracing Happiness* – April 23
- **Challenge:** Bloom Spring Step & Movement
- **Programs & Resources:** Nutrition tools & member support

Featured Recording

Healthy Aging Through Every Stage

From Perimenopause to Post-Menopause

Missed the recent Healthy Aging webinar? This recording provides a clear, easy-to-follow overview of menopause, from perimenopause through post-menopause, and how hormonal changes can impact everyday health. The session also highlights menopause-related support available through CalVEBA.

[Watch the Recording](#)

Upcoming Virtual Workshop

Embracing Happiness

Whole Health Coaching Virtual Workshop

Explore the science of happiness and learn practical strategies to reduce stress and bring more ease into everyday life.

What you'll learn:

- How stress & mindset affect happiness
- Simple, research-backed tools to improve well-being

Date & Time:

Thursday, April 23 | 5 pm - 6 pm | Virtual

[Register Now](#)

Spring Programs

Bloom Spring Step & Movement Challenge

Celebrate spring by building daily movement habits—any activity counts. Track progress, stay motivated, and connect with others.

Open through April 30

[Learn More](#)

In-Person Small Group Programs

Space is limited. Advance registration is required.

Book Club: *The Happiness Project*

- Guided discussion, reflection & practical exercises
- Includes free book + journal
- **Dates:** April 14 – May 26 | Tuesdays, 4 pm–5 pm
- **Note:** No session on Tuesday, May 5
- **Location:** Carlsbad Resource Center

[Learn More](#)

Consciousness as Medicine

- Mind-body practices to support emotional balance during cancer care
- **Dates:** April 28 – June 2 | Tuesdays, 4 pm–5 pm
- **Location:** Kearny Mesa Resource Center

[Learn More](#)

Loss & Healing

- Small group therapy led by a licensed psychologist in a supportive environment
- **Dates:** May 6 – June 10 | Wednesdays, 4:30 pm – 5:30 pm
- **Location:** Kearny Mesa Resource Center

[Learn More](#)

Build Healthy Habits

Cooking & Nutrition Hub

Explore simple tools to support healthy eating, meal planning, and stress-free nutrition.

- Better Breakfast Guide
- Kid-Approved, Family-Friendly Recipes
- Nutrition articles & tips

[Visit the Hub](#)

Support When You Need It

Mental & Emotional Well-Being Support

Short-term therapy and confidential emotional support are available through CalVEBA, including virtual and in-person options.

Visit the [Mental Health Benefits & Services page](#) to learn more.

Additional Mental Health Options by Health Plan

- **Kaiser Permanente:** Call **800-464-4000** for mental health services
- **UnitedHealthcare:** Sign in to your member portal or call the number on your ID card
- **Optum (San Diego):** Access therapy through Mindpath Health with authorization from Optum. Here's how to get started:
 - **Get an authorization code:** Call Optum at **888-625-4809**.
 - **Schedule your appointment:** Call **619-528-4600** with your authorization code.

Eligibility questions or need help finding an in-network mental health professional?

Contact The Advocacy Team at [VEBAOnline.com/Contact](https://vebaonline.com/contact) or call **888-276-0250**.

Benefits Questions?

Sometimes the hardest part of health care is knowing where to start. The Advocacy Team is your first point of contact when you need help understanding your benefits.

Get help with:

- Benefits questions & expediting care
- Referrals, authorizations, or denied claims questions
- Finding in-network providers
- Prescription or co-pay issues

Contact The Advocacy Team:

888-276-0250 | [VEBAOnline.com/Contact](https://vebaonline.com/contact)

Monday–Friday, 8 am–5 pm

***Tip:** 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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