

August Member Update

Big Changes are Coming!

A new digital experience is on the way.

Accessing your benefits and finding the resources you need is about to become easier than ever. We're getting ready to launch a new website and MYVEBA member portal designed to make it easier to access benefits information, resources, and support in one convenient place. As part of these enhancements, we'll also be introducing WellnessLiving, our new platform for scheduling Resource Center classes and services.

Throughout August, we'll be transitioning classes and services to this new platform. During this transition period, you may have questions about registration and booking. If you need assistance, contact the Resource Center at **619-398-4220**.

Summer Programs & Events

Summer Wellness Bingo

Stay active and win prizes all summer long.

Now – August 9

- Download or pick up your Bingo card at a Resource Center
- Take a class (in person or virtually), mark your card, and submit
- Raffles are held biweekly with three more chances to win

[Learn More](#)

Sunday Virtual Meal Prep

August 9 | 2:00 pm – 3:15 pm (Virtual)

Join Chef Leslie for a live virtual meal prep class to learn simple, quick recipes that help you get ahead, without spending hours in the kitchen.

[Register Now](#)

Upcoming Virtual Workshop

Small Habits, Big Change: Stop Starting Over

Whole Health Coaching Workshop

August 13 | 5 pm – 6 pm (Virtual)

Tired of setting the same goals and losing momentum a few weeks later? Discover why lasting change has less to do with willpower and more to do with using the right strategies.

[Register Now](#)

Metabolic Reset Intro Classes

August 13 or August 27 | 4 pm – 5 pm (Virtual)

Learn how acupuncture, gentle movement, Whole Health Coaching, and nutrition education work together to support whole-person well-being.

[Learn More](#)

Lunch & Learn

Critical Incident Stress: Natural Disasters

August 19 | 12 pm – 1 pm (Virtual)

Learn how to prepare for and manage stress related to disasters.

[Register Now](#)



Featured Benefit

Teledoc Medical Experts

Facing a new diagnosis or weighing your treatment options? Teledoc Medical Experts gives eligible CalVEBA members access to world-renowned specialists who can review your diagnosis, treatment plan, or complex medical condition and provide expert recommendations. Get added confidence in your health care decisions, at no additional cost.

[Learn More](#)



Featured Blog

Easy Acupressure Techniques for Stress Management

Explore easy techniques you can use to help manage stress and cultivate a sense of calm.

[Read Blog](#)



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](tel:888-625-4809).
 - **Schedule your appointment:** Call [619-528-4600](tel: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 or call [888-276-0250](tel: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 copay 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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