

February 2025

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH,
OUR PURPOSE

CALIFORNIA SCHOOLS VEBA (CalVEBA) MEMBERS

Branding Refresh — Our New Look & Feel

We're thrilled to share some exciting news with you! You may have noticed our new look, and we're delighted to unveil our refreshed branding. While our appearance has evolved, our mission hasn't changed. Our dedication to supporting you, our California Schools VEBA (CalVEBA) member community, remains as strong as ever.

As part of this refresh, we're introducing a new tagline: "Your Health, Our Purpose." This is more than a phrase—it's a promise that reflects our three decades of unwavering commitment to your health and well-being.

Watch this [short video](#) to learn more about what's new.

Thank you for being part of our journey. We're here for you, every step of the way.

California Wildfire Community Resources

Our thoughts go out to everyone impacted by the greater Los Angeles wildfires. As we continue to monitor the situation across California, we want to share our support and make you aware of community resources available for CalVEBA members and their families during this crisis.

For the latest updates, visit vebaresourcecenter.com/community-resources/wildfires/ for more information and resources.

Upcoming Event: "Love Your Heart" this Valentine's Day!

Join us at the VRC – Kearny Mesa on **Friday, February 14**, from **12 pm – 4 pm**, for the Love Your Heart health screening event, hosted by California Schools VEBA in partnership with Live Well San Diego.

Enjoy free preventative screenings like blood pressure checks, carotid doppler (stroke), and thyroid ultrasounds, plus heart-healthy snacks and stress reduction resources. Don't miss this opportunity to prioritize your heart health! [RSVP now](#).

How to Maximize Your Benefits

Taking action toward your health can happen any day of the year. Whether you're scheduling your annual physical, planning a wellness check, or using the services available to you, now's the time to take action to set yourself up for a healthy year ahead.

Spend just 10 minutes today reviewing your benefits. This small step will help you avoid stress later and ensure you're covered when it matters most.

Here are a few key actions to stay on top of your health benefits:

- **New Health Plan? Here's What To Do Next:** Now that you've selected your plan, there are a few key steps to ensure a smooth transition and maximize your benefits. Learn how to make the most of your plan and minimize out-of-pocket costs by [checking out our latest blog post here](#).
 - **Review Your Plan Documents:** The 2025 Summary of Benefits (SOB) and Summary Plan Designs (SPD) are available on your [MyVEBA portal](#). These documents explain what your health plan covers and any updates for the new year. Reviewing them now can help you stay informed and prepared.
 - **Download Your Digital ID Card:** Did you know CalVEBA plan carriers no longer provide physical ID cards unless requested? Be prepared for your next appointment by downloading your digital ID card today. This simple step ensures you have quick, seamless access to your benefits wherever you go. [Learn how to download your ID card here](#).
 - **Connect with Your Primary Care Provider (PCP):** Start the year strong by choosing or reconnecting with a PCP who aligns with your health goals. Scheduling a check-in now can help you stay on track and avoid delays in care. [Read more for tips on navigating your health plan and starting the year off right](#).
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Featured Program: Whole Health Coaching

Looking for support in building healthy habits and managing life's challenges? We're excited to introduce our Whole Health Coaching program to help you take charge of your wellness journey. Whether you're managing stress, navigating personal goals, or seeking better balance, our expert coaches provide personalized guidance tailored to your needs.

With Whole Health Coaching, you can:

- Develop actionable goals that align with your health priorities.
- Learn techniques to manage stress and improve resilience.
- Build a sustainable wellness routine that fits your lifestyle.

[Learn More](#)

Featured Program: Navigating Life Transitions

Just like the seasons change, life does too. Whether it's a new job, personal shift, or other change, you don't have to navigate it alone. Our Navigating Life Transitions program offers tools and support to help you manage change with confidence.

- Weekly In-Person and Virtual options continue through March 6.
- Take actionable steps to regain clarity.
- Learn stress management techniques for balance.
- Build resilience to embrace life's changes.

[Register Now](#)

Mental Well-Being Benefits & Programs

For general benefits eligibility and enrollment questions or help finding a mental health professional in your health plan benefit network, contact the California Schools VEBA Advocacy Team at vebaonline.com/contact or call [888-276-0250](tel:888-276-0250).

Optum Emotional Wellbeing Solutions (EWS)

In partnership with Optum Emotional Wellbeing Solutions (EWS) (formerly Optum EAP), Dedicated Consultants are available virtually and at the VEBA Resource Center (VRC) – Kearny Mesa.

Get support with issues like stress, relationship conflicts, work-life balance, communication strategies, and more. To explore the benefits of this service, [watch this video](#) or visit <https://bit.ly/optumvrc> to make an account and schedule an appointment.

Available for CalVEBA members and their dependents age 18+.

Visit liveandworkwell.com (access code: VEBA) for additional Optum EWS resources.

Looking for a therapy appointment? Check out these options available:

- **CalVEBA Therapy:** Short-term support for mental health needs is also available through the VRC. A lifeline to you during moments of urgency, a licensed therapist at the VRC can serve as your bridge between the professional care you need now, and the care provided by your health plan benefits. Therapy appointments are available virtually and in-person at the VRC - Kearny Mesa location.
 - Schedule a consultation with a [CalVEBA Care Navigator](#)—a critical care and holistic Registered Nurse. To schedule a Care Navigation appointment, call [619-398-4220](tel:619-398-4220) or [book an appointment here](#). The Care Navigator will assist you with scheduling your therapy appointment.
 - **Kaiser Members:** For care or treatment of a mental health concern, call Kaiser Permanente at [800-464-4000](tel:800-464-4000) (8 am to 5:30 pm, Monday – Friday). No referral needed.
 - **UHC Members:** Sign in to your member account or call the number on your member ID card to determine eligibility for specific mental health care services.
 - **Optum Members:** Request a telehealth individual or group therapy appointment through Mindpath Health (formerly Psychiatric Centers at San Diego). Here's how to access this benefit:
 - 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.
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California Schools VEBA Advocacy Team

Taking action toward your health is important every day, and the California Schools VEBA Advocacy Team is here to support you every step of the way. Whether you're facing delays in scheduling appointments, need help navigating your health plan, or have questions about your care options, we'll work directly with you and your carrier to ensure you get the care you need when you need it.

When health happens, we're here to help. With the Advocacy Team, you can navigate your health plan with confidence, any time of the year.

Call the Advocacy Team Monday-Friday from 8 am to 5 pm at [888-276-0250](tel:888-276-0250) or visit vebaonline.com/contact to submit a request.

Important note: For urgent requests, please click the "Urgent" box located on the contact form. Inquiries typically receive a response within one business day of receipt.

Stay Connected on Social Media

Follow us on social media to stay connected with your CalVEBA community! Discover upcoming events, gain expert tips, and learn about the latest news. Share your experiences with CalVEBA resources or benefits by tagging us in your posts.

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