

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

Important Update: Kaiser Permanente Privacy Notice

Kaiser Permanente is notifying certain current and former members about a privacy matter related to certain tracking technologies that were previously used on select [KP.org](https://www.kp.org) webpages.

What Kaiser Members Should Know

- Individuals whose information may have been involved were notified by letter or email in 2024.
- The settlement administrator is now reaching out again to those individuals, referred to as “class members.”
- **No Social Security numbers, usernames, passwords, financial account details, or credit card information were involved.**
- **Kaiser Permanente is not aware of any misuse of members’ personal information.**

Kaiser Permanente has removed the tracking technologies involved and reaffirmed its commitment to safeguarding member information.

Members who did not receive a notification in 2024 do not need to take action related to this matter.

Heart Health Starts with Everyday Choices

February is a great time to pause, check in, and show your heart a little extra care.

Caring for your heart isn’t about one big change, but the small, everyday choices that support your long-term health. Heart health is closely tied to nutrition, stress management, movement, and preventive care, making it a powerful focus for starting the year strong.

[Eating for a Heart Healthier You](#)

Heart-healthy eating doesn't have to be complicated or restrictive. Learn how nutrition can help support your heart health through everyday food choices—without giving up the meals you love. From easy swaps to practical tips and real-life meal ideas, it's all about progress, not perfection.

[Read More.](#)

5 Tips for Managing Blood Pressure at Home

High blood pressure often has no symptoms, which is why it's sometimes referred to as the "silent" risk factor. The good news? There are easy ways to stay proactive and informed right from home.

This quick-read breaks down simple steps to help you check your blood pressure accurately and build habits that support heart health between doctor visits.

[Read More.](#)

Upcoming Event: 2026 Love Your Heart

Join us at the [Love Your Heart](#) event, in partnership with **Live Well San Diego**. This special day is all about helping you take charge of your health with free screenings and resources to help you feel your best and catch potential issues early.

Date: Friday, February 13


Time: Drop in anytime between 10:30 am to 2:30 pm

Location: Kearny Mesa Resource Center, 5520 Ruffin Road, San Diego, CA 92123

Show your heart some love with:

- Free blood pressure checks
- Compression-only CPR training
- Thyroid & Carotid Doppler (stroke risk) screenings
- Stress reduction resources and education
- Heart-healthy snacks from Chef Leslie

We look forward to seeing you there. [Reserve your spot today!](#)



Chula Vista Resource Center Now Open

The Chula Vista Resource Center is now open and welcoming members with expanded opportunities to support physical, mental, and overall well-being. Designed as a space for movement, mindfulness, and holistic care, the center offers onsite and virtual programs that make it easier to build healthy habits that fit your lifestyle.

We're excited to offer a variety of classes and services, including:

- Mat Pilates*
- Strength Training*
- Dance Fitness*
- HIIT Cardio*
- Cooking Classes
- Sound Healing & Meditation
- and more!

**Available in English and Spanish*

[Register For Classes](#)

Year-Round Services Include:

- **Group Acupuncture:** Mondays & Wednesdays, 4 pm – 6 pm
- **Care Navigation:** Tuesdays & Thursdays, 12 pm – 7 pm
- **In-Person & Virtual Classes:** Join onsite or from anywhere

Location: 333 H Street, Suite 6020, Chula Vista, CA 91910

Hours: Monday – Thursday, 12 pm – 7 pm

Free onsite parking is available, for details view the map [here](#).

Virtual February Sessions: Navigating Life Transitions

Life doesn't always follow a straight path, and even positive changes can bring stress and uncertainty. The [Navigating Life Transitions](#) program offers support during moments of change, helping you build confidence and resilience as life evolves.

This virtual group, led by a licensed therapist, explores practical tools for **managing stress, strengthening coping skills, supporting brain health through nutrition, and building everyday resilience**—all in a supportive, guided setting.

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Session Dates:

Tuesday, February 10 | 5 pm – 6 pm | Virtual via Zoom

Tuesday, February 17 | 5 pm – 6 pm | Virtual via Zoom

Reserve your spot today and start the year with confidence.

[Register Now.](#)

New: Metabolic Reset Virtual Introduction

Looking to improve energy, digestion, and overall well-being in a sustainable way? The [Metabolic Reset](#) program takes a whole-person approach, combining movement, nutrition awareness, and holistic practices to support long-term health.

Join a virtual introduction session to learn how this program integrates services like **Whole Health Coaching, nutrition guidance, and healing through natural medicine** to help you reset habits and feel more balanced over time.

Session Dates:

Wednesday, February 11 | 4 pm – 5 pm | Virtual via Zoom

Wednesday, February 25 | 4 pm – 5 pm | Virtual via Zoom

[Reserve Your Spot.](#)

Featured Program: Whole Health Coaching

Book directly with a Whole Health Coach & find support for your 2026 goals!

Find personalized support to build healthy habits that last with [Whole Health Coaching](#). You'll work one-on-one with a dedicated coach who helps you set realistic goals, navigate challenges, and stay accountable along the way. **Coaching is available both virtually and in person, giving you flexibility to choose what works best for your schedule and comfort.**

Whether you're focusing on stress management, nutrition, or everyday lifestyle changes, coaching provides practical guidance and encouragement to help turn intentions into action.

[Learn More & Book a Session.](#)

Make the most of your coaching experience by pairing sessions with a hands-on workshop.

Steady Blood Sugar: Lifestyle Strategies for Prediabetes Prevention

Small, everyday choices can have a powerful impact on blood sugar health. This workshop focuses on approachable lifestyle strategies that support balanced blood sugar and long-term wellness.

You'll learn what prediabetes is, explore risk factors, and gain practical tools for creating realistic habits around nutrition, movement, stress management, and daily routines to fit into real life.

Join Us:

Thursday, February 26 | 5 pm – 6 pm | Virtual via Zoom

[Register Now.](#)

We're Here to Help: Support Services

Navigating health care can be challenging—but you don't have to do it alone. Whether you need help scheduling care, understanding your benefits, or resolving issues, **The Advocacy Team** is your first point of contact.

When to Contact The Advocacy Team:

- Trouble scheduling appointments or need expedited care
- Questions about referrals, authorizations, or denied claims
- Help finding in-network providers or understanding coverage
- Issues with prescriptions or co-pays

How to Contact The Advocacy Team:

Call **Monday - Friday** from **8 am - 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.

When to Contact Your Carrier:

- Digital ID cards

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- Updating your address or phone number
- Changing your Primary Care Provider (PCP)
- Assistance with health plan forms

Find your carrier contact information by visiting VEBAOnline.com/Benefit-Contacts.

Mental Well-Being Benefits & Programs

For general eligibility questions or 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).

[Therapy Through CalVEBA](#)

Short-term support for mental health needs is also available through California Schools VEBA (CalVEBA). A lifeline to you during moments of urgency, a licensed therapist 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 Kearny Mesa Resource Center**.

Schedule a consultation with a [Nurse Care Navigator](#), a critical care and holistic Registered Nurse, by calling [619-398-4220](tel:619-398-4220) or booking an appointment [here](#). The Nurse Care Navigator will help you arrange your therapy appointment.

Optum Emotional Wellbeing Solutions (EWS)

In partnership with Optum Emotional Wellbeing Solutions (EWS), Dedicated Consultants are **available virtually and at the Kearny Mesa Resource Center**. Get support with issues like stress, relationship conflicts, work-life balance, communication strategies, and more.

To explore the benefits of this service, [watch this program overview video](#). Want to get started? Visit the [Optum Employee Portal](#) to make an account and schedule an appointment.

Available for CalVEBA members and their dependents age 18+.

For additional Optum EWS resources, visit LiveAndWorkWell.com (access code: VEBA). Please note that you may experience longer wait times with this method.

Looking for alternative therapy appointments? Check out these options available:

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- **CalVEBA members enrolled in a Kaiser plan:** For care or treatment of a mental health concern, call Kaiser Permanente at [800-464-4000](tel:800-464-4000) (8 am - 5:30 pm, Monday – Friday). No referral needed.
- **CalVEBA members enrolled in a UHC plan:** Sign in to your member account or call the number on your member ID card to determine eligibility for specific mental health care services.
- **San Diego CalVEBA members enrolled in an Optum plan:** 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.

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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