

## July Member Update

### Programs & Classes

#### 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
- Complete all squares for a grand prize entry

[Learn More](#)

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#### Set Your Vision: Goal Setting for Success

More than just goal setting tips, members get the space and support to clarify their vision and turn it into actionable steps. Leave with a clear plan, practical tools, and the momentum to move forward with confidence.

**Date & Time:**

July 7 | 1 pm – 2 pm | Virtual via Zoom

[Register Now](#)

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#### Introduction to Metabolic Reset

*Choose from one of two sessions*

**Date & Time:**

July 9 | 4 pm – 5 pm | Virtual via Zoom

July 30 | 4 pm – 5 pm | Virtual via Zoom

Explore how the Metabolic Reset Program works and what to expect. This holistic program combines acupuncture, gentle movement, Whole Health Coaching sessions, and nutrition education designed to boost energy, improve sleep and mood, and support digestive health.

[Learn More](#)

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## Sunday Virtual Meal Prep

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. Attend for a chance to win a set of stainless-steel mixing bowls and a vegetable chopper.

### Date & Time:

Sunday, July 12 | 2:00 pm – 3:15 pm | Virtual

[Register Now](#)



## Featured Blog

### Debunking Aging Myths

Explore some common myths about the aging process and how it impacts your health.

[Read Blog](#)



## Benefit Highlight

### Teladoc Medical Experts

Whether you want a second opinion or guidance exploring treatment options, Teladoc Medical Experts can help. This benefit connects you with world-renowned doctors and specialists who review your medical records and help clarify diagnoses or treatment options.

Last year alone, 45% of diagnoses and 81% of treatment plans were updated for CalVEBA members.

***Available to CalVEBA members and their eligible dependents at no cost.***

[Learn More](#)



## 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](#) 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 copay issues

#### Contact The Advocacy Team:

**888-276-0250** | [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.*



## Stay Connected

Follow California Schools VEBA on social media for events, tips & community updates.

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