

JUNE MEMBER UPDATE

Summer Classes & Events

Sunday Virtual Meal Prep: A Week of Easy, Fiber, Forward Meals

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. Planning nourishing meals ahead of time can help reduce daily stress and decision fatigue during busy weeks. Attend to enter the raffle for stainless steel mixing bowls and a vegetable chopper.

Date & Time:

Sunday, June 7 | 2:00 pm – 3:15 pm | Virtual

[Register Now](#)

New! Summer Wellness Bingo

Stay active & earn rewards all summer long!

June 15 – August 9

This 8-week program is a simple way to get moving this season. Pick up your Bingo card at any Resource Center or download one from the class calendar. Complete activities—virtually or in person—and mark off each square as you go.

How it works:

- Complete 5 squares in a row to earn a raffle entry
- Submit your card once per raffle period
- Raffles are held every two weeks, with multiple chances to win

Submit your card:

- Drop it off at any Resource Center front desk, or
- Email a photo to vrc@vebaonline.com

[Get Your Bingo Card](#)

Live Well San Diego Partner Event

Beyond Burnout: Focusing on Well-Being in a High-Performance Culture

June 17 | 9 am – 12 pm

Kearny Mesa Resource Center

This free networking event is focused on leadership and well-being. Join us to explore practical tools and connect with peers. Participants will:

- Learn how well-being supports decision making, creativity, and resilience
- Gain practical skills to support teams through career alignment & strengths-based work design
- Build meaningful connections through guided dialogue and collaborative activities

Speakers include:

Robert Cappuccio, Coaching and Cultural Development Consultant, CalVEBA

Loretta Turner, Founder & Chief Well-Being Strategist, Do Good Leadership Collective

Space is limited. Refreshments will be provided.

[Register Now](#)

Memory & Focus: Tools for a Thriving Mind

Whole Health Coaching Virtual Workshop

June 25 | 5 pm – 6 pm (Virtual)

What you'll learn:

- How memory, attention, and brain adaptability change throughout life
- Practical strategies designed to support cognitive function
- Ways to support optimal mental performance

[Register Now](#)



Featured Blog

The Power of Prevention: Reduce your risk for common cancers

Learn about prevention, screenings, and lifestyle tips that can protect you and your loved ones against common cancers.

[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 can review your medical records and help clarify diagnoses or treatment options.

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:

- o **Get an authorization code:** Call Optum at **888-625-4809**.
- o **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 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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