

March 2026

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH
OUR PURPOSE

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

Important Update: Kaiser Permanente & U.S. Department of Labor Settlement

[Kaiser Permanente](#) and the U.S. Department of Labor recently reached a settlement related to federal mental health parity laws. These laws require health plans to provide the same level of coverage for mental health and substance use disorder care as they do for physical health services.

This settlement does not involve current Kaiser Permanente care practices or issues.

What Kaiser Members Should Know:

- Eligible California members may qualify for reimbursement if they attempted to access in-network mental health or substance use disorder services between **January 2021 and September 2024** and paid out-of-pocket for their care.
- Kaiser has since made meaningful improvements to mental health access, meeting California's required appointment timeframes—within 48 hours for urgent care and within 10 business days for nonurgent care.

Reimbursement Information:

A toll-free hotline and claims website is available for current and former California Kaiser members.

If you think you may be eligible for reimbursement, visit:

OutofNetworkHealthClaims.com.

Women's Health Spotlight: Featured Webinar

[Healthy Aging Through Every Stage: From Perimenopause to Post-Menopause](#)

Menopause is a natural phase of life, and having clear, actionable information can help you feel more confident and prepared. Join this virtual workshop to help you understand each stage, from perimenopause through post-menopause, and learn what support is available to you through your CaIVEBA benefits.

March 2026

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This session will be led by [Dr. Jasmine Pedroso](#), a board-certified OB-GYN, offering expert clinical insight and guidance.

What You'll Learn:

- What to expect at every stage of the menopause journey
- Common symptoms and related conditions, including sleep changes, mood shifts, heart health, and pelvic-floor concerns
- Evidence-based lifestyle and dietary recommendations for healthy aging
- An overview from [Kindbody](#), [Kaiser Permanente](#), and the **CaVEBA Team** highlighting available women's health and healthy-aging resources

Webinar Details:

Thursday, March 26 | 4 pm - 5 pm | Virtual via Teams

[Register Now.](#)

Quick Reads to Feel Your Best at Every Age

These short articles offer guidance for both men and women as we all move through different stages of life. These blogs can help you feel more supported, informed, and confident caring for yourself and the people you love.

[Nutrition Tips for Healthy Aging](#)

Eating well can help you feel strong, energized, and supported as your body changes with time. This blog shares simple ideas for building balanced meals, getting important nutrients, and making food choices that keep you feeling your best.

[Read More.](#)

[Navigating Hormonal Transitions](#)

Hormonal shifts are a natural part of life. This blog explains how changes in testosterone can affect energy, mood, and overall well-being. It offers approachable guidance on what to look for, how healthy habits can support balance, and when a conversation with your doctor might be helpful.

[Read More.](#)

[Fertility After 35: Your Questions, Answered](#)

If you're thinking about growing your family now or in the future, this blog offers insight on how fertility can naturally change with age. It gives you easy tips to support your reproductive health and helps you understand your options so you can make choices that feel right for you.

[Read More.](#)

Spring Into Better Balance: New Programming Available

Upcoming Workshop: Food and Mood

Discover how what you eat can influence how you feel. This [virtual workshop](#) explains how the gut and the brain communicate and why that connection matters for mood, creativity, and clear thinking.

What To Expect:

- How your gut influences your mood and focus
- Key nutrients and plant-based foods that support steady energy and mental clarity
- Easy nutrition strategies that nourish a healthy gut and overall well-being
- Create your own action plan you can start using right away

Webinar Details:

Thursday, March 26 | 5:30 pm - 6:30 pm | Virtual via Zoom

[Register Now.](#)

Metabolic Reset Virtual Introduction Sessions

Take the first step toward improving your energy, digestion, and overall well-being. The [Metabolic Reset](#) program takes a whole-person approach, combining movement, nutrition awareness, and holistic acupuncture to support long-term health.

March 2026

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, March 11 | 4 pm - 5 pm | Virtual via Zoom

Wednesday, March 25 | 4 pm - 5 pm | Virtual via Zoom

[Reserve Your Spot.](#)

New: Bloom Spring Step & Movement Challenge

Kick off spring with more movement and motivation! This challenge is open to CalVEBA members as well as friends and family, so you can stay active and track your progress together all April long.

The [Bloom Spring Step & Movement Challenge](#) supports your well-being through:

- Tracking daily steps
- Joining teams for friendly competition
- Building simple, sustainable movement habits

Registration opens March 16.

Challenge Dates: April 1 - April 30

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:

March 2026

CALIFORNIA SCHOOLS
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Call **Monday - Friday** from **8 am - 5 pm** at [888-276-0250](tel:888-276-0250) or visit [VEBAOnline.com/Contact/](https://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
- 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](https://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/](https://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**.

[Get Started](#).

Optum Emotional Wellbeing Solutions (EWS)

In partnership with Optum Emotional Wellbeing Solutions (EWS), Dedicated Consultants are available virtually and in-person at the **Carlsbad, Chula Vista, and Kearny Mesa Resource Centers**. 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+.

March 2026

For additional Optum EWS resources, visit [LiveAndWorkWell.com](https://www.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:

- **CalVEBA members enrolled in a Kaiser plan:** For care or treatment of a mental health concern, call Kaiser Permanente at [800-464-4000](tel:8004644000) (8 am - 5:30 pm, Monday – Friday). No referral needed.
- **CalVEBA members enrolled in a UnitedHealthcare (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:8886254809).
 - Schedule your appointment: Call [619-528-4600](tel:6195284600) 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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