

## CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

### Are You Up to Date? Preventative Screenings Guide

Stay healthy with regular check-ups, immunizations, and screenings. Use our Preventative Health Screenings by Age guide to see what screenings are right for you based on your age and health status.

[Download Your Screenings Guide.](#)

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### Appointment Ready: Your Doctor's Visit Prep Guide

17.4 minutes - that's the average length of a doctor's visit, according to the [National Library of Medicine](#). Make every second count with our essential **Doctor's Visit Prep Guide**.

Feel prepared, heard, and valued at your next doctor's appointment. This guide helps you make the most of your limited time with your physician so you can get the care you deserve.

Learn how to prepare effectively, ask the right questions, understand your treatment options, and clearly communicate your needs so you can partner effectively with your doctor and make informed decisions about your health.

Inside you'll find tips for:

- **Before Your Appointment:** Helpful worksheets including questions to remember to ask and a current medication list.
- **During Your Appointment:** Appointment tips and an appointment notes section.
- **After Your Appointment:** Post-appointment tips and resources.

[Download your guide here.](#)

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### Featured Program: Whole Health Coaching

**Take charge of your wellness journey. Your personalized wellness plan awaits with the California Schools VEBA Whole Health Coaching program.** Research from the American Society for Training and Development shows that simply committing to a coach increases your likelihood of success by 65%.

Whether you're seeking support for stress management, healthy eating, sleep improvement, navigating life transitions, or managing chronic conditions, our expert coaches provide personalized guidance tailored to your needs.

With Whole Health Coaching, you can:

- **Set Meaningful Goals:** Align your health goals with your strengths and values.
- **Explore 8 Wellness Dimensions:** Develop personalized strategies for lasting well-being.
- **Receive Expert Support:** Get 6 sessions of 1:1 coaching virtually or in-person.
- **Increase Goal Success:** With ongoing check-ins, your goal achievement can rise to 95%, according to research from the American Society for Training and Development, ensuring you stay on track.

[Learn More](#)

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## Beyond the Plate: How Nutrition Impacts Your Overall Health

**Did you know?** Nearly 40% of Americans have limited their daily activities due to digestive issues. It's more than just discomfort – gut health impacts everything from your immune system and mental well-being to your energy levels and weight management.

Discover how nourishing your body from the inside out can transform your health and fuel both your body *and* mind. Read more to learn practical tips for improving your digestion, including mindful eating, the right foods to focus on, and how to create a sustainable, gut-healthy lifestyle.

[Read More on the Blog.](#)

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## 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](https://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](https://liveandworkwell.com) (access code: VEBA) for additional Optum EWS resources.

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

- **Therapy:** Short-term support for mental health needs is also available through California Schools VEBA. 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 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** YOUR HEALTH,  
OUR PURPOSE

## California Schools VEBA Advocacy Team

**Need help navigating your benefits?** The California Schools VEBA Advocacy Team is here to help!

Whether you're facing delays in scheduling appointments or have questions about your care options, we work directly with you and your plan carrier to ensure you get the care you need, when you need it.

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](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.

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## 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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[Instagram](#)

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[YouTube](#)

