

April 2025

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH,
OUR PURPOSE

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

Refresh, Renew, and Thrive: Join the CalVEBA Renew Challenge

We're excited to offer a transformative four-week program designed to revitalize your mind and body while strengthening relationships.

Registration: Now-April 14

Challenge Duration: Now-April 27

This program is designed to help you develop (or maintain) healthy habits by incorporating new practices into your daily routine. By tracking meaningful activities on the Renew app, you'll reveal breathtaking outdoor images for a unique experience that fosters a positive shift in how you feel, inside and out.

The challenge includes daily activities, duo challenges (invite a friend!), and an interactive wellness wall where you can engage, encourage, and connect with Renew participants as well as stay informed about California Schools VEBA classes and programs.

Get ready to build resilience by discovering practices that enhance your physical, mental, social, and emotional well-being.

[Join the challenge.](#)

New Resources: Stress Management

April is Stress Awareness Month, and a great time to learn about the impact of chronic stress. It can take a toll on both your physical and mental well-being, leading to headaches, fatigue, anxiety, and difficulty concentrating. According to the American Psychiatric Association, **53% of adults identify stress as the lifestyle factor with the largest impact on their mental health.**

That's why taking time for stress management is crucial. To help you get started, we've gathered a few resources you can easily integrate into your daily practice:

Monthly Calendar - Find Your Peace in Less than Five Minutes a Day

Our [Stress Management Calendar](#) provides quick, easy-to-follow daily techniques – gentle stretches, gratitude prompts, and mindfulness exercises – to help you combat stress, boost your mood, and improve overall wellness. Find small moments of peace throughout the month.

[Download your calendar now.](#)

New Blogs: Simple Techniques for Stress Relief and Mental Clarity

Our latest blogs provide practical techniques for physical release, mental clarity, and proactive well-being, perfectly suited for your daily routine.

[Easy Acupressure Techniques for Stress Management:](#) Discover quick pressure point methods for instant tension relief.

[How to Quiet the Mind and Calm the Body:](#) Learn simple mindfulness practices to cultivate inner peace.

[Invest in Your Future Self: Proactive Mental Wellness Strategies:](#) Build resilience with 5-minute stress-busting techniques and healthy habits.

Take a moment for yourself and explore these simple tools for a calmer, more balanced day.

Featured Resource: Care Navigation

Transform your stress into strength with Care Navigation's personalized support. Explore [Care Navigation](#) to help you take charge of your health. Whether you're looking to improve your overall well-being, manage specific health goals, or simply find better balance, our Care Navigators provide personalized guidance tailored to your needs.

With Care Navigation, you can:

- Receive a comprehensive health and well-being assessment.
- Develop a personalized care plan focused on your overall health.
- Get expert guidance connecting you with the right resources.
- Receive motivational support and encouragement.
- Track your progress with follow-up appointments.

[Learn More about Care Navigation and start your journey to better health.](#)

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 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 (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 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 carrier to ensure you get the care you need when you need it.

With the Advocacy Team, you can navigate your health plan with confidence, any time of the year.

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 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.

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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