

May 2025

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH,
OUR PURPOSE

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

New: 2024 Annual Report

Our members are the purpose behind everything we do, and your journeys inspire us every day. We're honored to share a special video with inspiring stories from members who have transformed their health and their lives with support from CalVEBA.

Check out additional "Member Moments" in our [annual report](#).

Important Update: New Login Process for MyVEBA

Starting May 16, there's an important update to the MyVEBA portal and mobile app login process. To improve the security of your health benefits information, **all users will need to create a new account from this date.**

Look for the **Get Started Now** or **Don't Have an Account? Sign up here** options when you access MyVEBA on or after May 16. After your initial setup, logging in will require a Multi-Factor Authentication (MFA) code sent to your email.

For step-by-step instructions, please refer to the [How to Access MyVEBA flyer](#) or visit our FAQ page [here](#). If you have any issues creating your account, please contact myvebasupport@vebaonline.com.

New Resources: Support Strategies for Mental Well-Being

May is Mental Health Awareness Month, and it's the perfect time to make space for **you**. We recognize that daily demands can make it challenging to prioritize your well-being, but dedicating time to yourself is essential for a balanced life.

This month, we're focusing on simple daily support strategies – **Nutrition, Movement, and Sleep** – and providing resources to help you integrate these practices into your routine.

Tools to Enhance Your Daily Routine:


- [Declutter Your Space](#): A cluttered environment can increase stress. Our Declutter Your Home and Workspace guide offers simple 5-minute strategies to create a more peaceful and productive space, promoting calm and focus in your daily life.
- [Daily Affirmations](#): Positive affirmations can shift your mindset and reduce stress. Integrating these short statements into your routine can boost your mood and self-esteem, helping you cultivate a more confident and resilient approach to daily challenges.
- [Monthly Calendar](#): Take a moment for yourself each day. Our Stress Management Calendar provides quick techniques – gentle stretches, gratitude prompts, and mindfulness exercises – to combat stress, boost your mood, and improve overall well-being throughout the month.

New Blogs: Simple Tips to Fuel Your Day

Our latest blogs offer simple yet powerful insights to enhance your daily well-being, focusing on three essential pillars: restorative sleep, nourishing food, and revitalizing movement.

- [Sleep and Your Mental Health](#): Unlock Your Potential Through Sleep. According to the [National Library of Medicine](#), we spend roughly a third of our lives sleeping. Let's make that time truly count! Discover how prioritizing quality sleep can significantly impact your mood, focus, and overall well-being, setting the stage for a more vibrant and productive day.
- [Beyond the Plate: How Nutrition Impacts Your Overall Health](#): Some say breakfast is the most important meal of the day, and it's true! Learn how focusing on fiber and protein in your diet, starting with a nourishing breakfast, can provide sustained energy, improve your gut health, and positively impact your entire day. Explore practical tips and delicious recipes in our [Build a Better Breakfast guide](#).
- [Wellness in Motion: Why Movement Matters](#): Find your flow with the power of movement! Discover how incorporating even small amounts of movement into your day can boost your mood, improve your sleep, and enhance your overall quality of life.

Embrace these daily essentials – sleep, nutrition, and movement – for a more balanced, energized, and resilient you.



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New: Your Mental Well-Being, Supported by CalVEBA

Discover a range of mental well-being services and programs available to you, both virtually and in person, on our [new dedicated page](#). Explore immediate support options, connections to in-network therapists, and short-term therapy solutions designed to help you navigate life's challenges.

Featured Program: [California Schools VEBA 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 Kearny Mesa Resource Center**.
- Schedule a consultation with a [Care Navigator](#)—a critical care and holistic Registered Nurse. To schedule a Care Navigation appointment, call [619-398-4220](#) or [book an appointment here](#). The Care Navigator will assist you with scheduling your therapy appointment.

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), Dedicated Consultants are **available virtually and at the Kearny Mesa Resource Center**. 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 [Optum Employee Portal](#) to make an account and schedule an appointment.

Available for CalVEBA members and their dependents age 18+.

For additional Optum EWS resources, visit [LiveAndWorkWell.com](https://liveandworkwell.com) (access code: VEBA). Please note that you may experience longer wait times with this method.

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

- **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.

The 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](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.

[Facebook](#)

[Instagram](#)

[LinkedIn](#)

[YouTube](#)

