

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

New: Well-Being Virtual Workshops

Feeling stressed or low on energy this holiday season? You're not alone—and we're here to help. Join our virtual well-being workshops to recharge your mind and body, build healthy habits, and start the new year feeling your best.

Thriving Through the Holidays

Tuesdays: December 2, 9, 16

Time: 5 pm – 6 pm

The holiday season can be joyful—but also stressful. Learn practical strategies for managing stress, setting boundaries, and maintaining emotional balance.

Movement for Mind & Body

Wednesday, December 10

Time: 5 pm – 6 pm

Boost your energy and mood with simple, fun ways to stay active during the holidays—even when your schedule is packed.

[Register Now.](#)

Maintaining Healthy Boundaries During the Holidays

The end of the year brings joy—but also extra demands. From family gatherings to work commitments, it's easy to feel stretched thin. Our latest blog offers practical strategies to help you protect your peace and prioritize your well-being.

[Five Steps for Building Healthy Boundaries: Your Guide to Balance & Better](#)

[Relationships](#): Discover how to recognize your limits, communicate them clearly, and reduce stress during the busiest time of year. Whether you're navigating social events or managing seasonal responsibilities, these tips can help you foster healthier relationships and a more balanced mindset.

Your End-of-Year Health Plan Checklist

December 2025

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH
OUR PURPOSE

As the year winds down and the 2025 plan year ends, it's important to ensure your health care stays on track. Take the time to **avoid gaps in care, ensure prescriptions are filled, and confirm your providers are in-network** before January.

Top 3 Actions to Take Now:

- **Refill Your Prescriptions**
 - Make sure you have enough of your medications to last until you can meet with your doctor, especially if you changed plans.
- **Download Your Digital ID Card**
 - All CalVEBA carriers now use digital ID cards. Save yours to your phone or upload it to the MyVEBA app for easy access.
- **Review Your Provider Network**
 - If you changed plans, confirm your doctors and specialists are still in-network to avoid surprise costs.

Discover all five steps to maximize your benefits and start the new year strong.

[Read More.](#)

Need Help? Know Who to Contact

Navigating health care can feel stressful when you're balancing multiple priorities—but you don't have to do it alone. The California Schools VEBA Advocacy Team is your first step when health happens. We work directly with you and your carrier to ensure timely access to care and clear answers about your benefits.

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

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).

Start the New Year with Confidence

Your **2026 CalVEBA Member Benefits Guide** and **Summary of Benefits & Coverage (SBC)** are now available in MyVEBA. These resources give you a clear picture of your coverage—what’s included, what’s new, and what costs to expect for common services. Reviewing them now helps you plan ahead and avoid surprises.

Ready to explore your benefits? Here's a quick guide to help you get started:

- Go to [MyVEBA.org/fair/index](https://myveba.org/fair/index).
 - This is your personalized benefits web portal.
 - You’ll see tiles like My Benefits, Wellness on Demand, and Supportive Benefits. Click each to explore what’s available to you.
- Find Your Group's CalVEBA Member Benefits Guide
 - Click on “My Benefits” and, on the right-hand side, the “Benefit Plans” room will appear to view your customized offerings.
- Need Help Logging In?
 - Visit [VEBAOnline.com/MyVEBA](https://vebaonline.com/MyVEBA) for FAQs and support from The Advocacy Team.

Member Moment: Meet Shauna

"I was excited and surprised that it wasn't anything extra for me to pay, it was included in my health benefits. I do the Zoom and in-person classes. It's never too late to start!"

– Shauna, Member Since 2010

Ready to find your own moment?

Our well-being classes make it easy to stay active and connected—even during the busiest time of year. With **virtual sessions and weekend options**, you can join from anywhere and fit wellness into your schedule.

[Explore the full calendar](#) and choose what works best for you.

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 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**.

Schedule a consultation with a [Care Navigator](#), a critical care and holistic Registered Nurse, by calling [619-398-4220](tel:619-398-4220) or booking an appointment [here](#). The Care Navigator will help you arrange your therapy appointment.

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 the [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.

Looking for alternative therapy appointments? Check out these options available:

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- **CalVEBA members enrolled in a Kaiser plan:** For care or treatment of a mental health concern, call Kaiser Permanente at [800-464-4000](tel:800-464-4000) (8 am - 5:30 pm, Monday – Friday). No referral needed.
- **CalVEBA members enrolled in a 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:888-625-4809).
 - Schedule your appointment: Call [619-528-4600](tel:619-528-4600) 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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