



Make Health Care Easy With These VEBA Benefits

Virtual Care

Connect to care on your schedule

Virtual Visits

Time to see and talk to a doctor from the comfort of your own home. Get details on how you can connect:

UHC Members

Visit with a doctor 24/7 – whenever, wherever via phone and video appointments with Optum, Teladoc, Doctor On Demand or Amwell. \$0 copay / No cost share for Harmony, Journey and PHMO N3 plans. All other plans, various cost share applies.

[Get started here](#)

UMR Members

Talk to a doctor day or night with Teladoc. Your costs will vary depending on your specific plan's coverage.

Download the app for easy access or visit teladoc.com.

Kaiser Members

Schedule a phone or video appointment to connect to a doctor at your convenience. No cost share for Kaiser virtual care.

Visit kp.org/getcare

Cigna Members

Cigna Telehealth Connection (Virtual Care), services provided by MDLIVE. Board-certified providers and pediatricians available 24/7. Not sure what type of care you need? Call the free Cigna nurse line at 855-673-3063.

[Get started here](#)

Delta Dental Members

Teledentistry is available to all Delta Dental members. Virtual consultations are offered according to your plan benefits.

Contact your dentist for current availability.

Affordable Care

Lower health care costs

Prescription Savings

(UHC and UMR members)

VEBA does not want cost to become a barrier to getting treatment for hypertension and diabetes – some of our members' most common conditions. Copays will be waived for generic hypertension and preferred generic oral hypoglycemic medications when filled at a Smart90 retail or mail-order pharmacy.

ESI members also have access to the SaveonSP program, which waives copays for certain specialty medications and ensures that, once enrolled, you have no financial responsibility. These medications will continue to be filled through Accredo.

To learn more, visit Express-Scripts.com or call 800-918-8011.

Access more benefits information by visiting VEBAonline.com

HEALTHINVEST HRA

(UHC Journey members)

VEBA's new HRA is aimed at making health care more affordable. The HealthInvest HRA gives you both flexibility and significant tax savings. Build up savings for long-term protection since the money is yours to keep, even after you leave the plan or your employer.

Call: 844-342-5505 or email: customer care@healthinvesthra.com

Get Support When you need a helping hand

Optum Employee Assistance Program (EAP)

Optum provides a free emotional support line for all VEBA members. Anyone (including your family and friends) can call **866-342-6892** to speak to a mental health expert 24/7.

VEBA members also have free, confidential access to all of Optum's services, including professional care, self-help programs and personalized assistance.

Call: **888-625-4809** or visit: [LiveAndWorkWell.com](https://www.liveandworkwell.com) (access code: **VEBA**)

Expedited EAP Appointments With Psych Centers at San Diego

Need an appointment through EAP immediately? Psych Centers at San Diego (PCSD) telehealth services are here to help. You can take advantage of group therapy and personalized therapy sessions through your Optum EAP benefit.

Expedited appointments are available. You will first have to get an authorization code from EAP. Then, call PCSD to schedule an appointment within one week. Here's how:

1. Contact Optum at **888-625-4809** or VEBA Advocacy at **888-276-0250** or go to vebaonline.com/contact to obtain an authorization code
2. Call PCSD at **619-528-4600 ext. 7878** with your authorization code to schedule your appointment.

Teladoc Medical Experts (Formerly Best Doctors)

Expert second opinion service to ensure members receive the right treatment at no cost. Teladoc Medical Experts will match your case to the most appropriate medical expert, then you will receive an in-depth report with Teladoc's expert opinion and, if necessary, recommended changes.

Call: **800-835-2362** or visit: teladoc.com/medical-experts



Take Care of You Treat your mind, body and spirit

The VEBA Resource Center (VRC) is a holistic health center designed to help VEBA members overcome obstacles and become the best versions of themselves. Check us out today!

Virtual VRC

The virtual VRC has over 200 monthly classes, programs, and events offered online for our members to access from the comfort of their own home – at no additional cost to them. We have everything from fitness and cooking classes to stress management and financial education.

[Visit our calendar today to register!](#)

VEBA Advocacy Service

Have a question about your benefits? VEBA Advocacy is here to help. Give our advocates a call for assistance with resolving benefit issues and finding ways to get more timely appointments.

Call: **888-276-0250** or go to vebaonline.com/contact

Care Navigator


Knowing where to start can be half the battle! Our Care Navigators are holistic nurses who work one on one with you to build a personalized well-being plan. They are experts who will work closely with you using a whole-person lens to help you overcome barriers and find solutions towards becoming the best version of yourself!

[Schedule an appointment with a Care Navigator today!](#)

Access more benefits information by visiting [VEBAonline.com](https://vebaonline.com)

Benefit Contacts




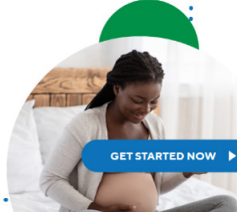
Benefit	Website	Customer Service
Carrum Health	Info.carrumhealth.com/csveba/	888-855-7806
Cigna Healthcare HMO	Cignahealthcare.com	800-244-6224
Delta Dental HMO	Deltadentalins.com	800-422-4234
Delta Dental PPO	Deltadentalins.com	866-499-3001
Express Scripts	Express-scripts.com	800-918-8011
HealthInvest (HRA for Journey plan)	Healthinvesthra.com	844-342-5505
Journey Plan	Journeyplan.org	888-586-6365
Kaiser	My.kp.org/VEBA	800-464-4000
Optum Employee Assistance Program(EAP)	LiveandWorkWell.com Access Code: VEBA	888-625-4809
Optum Health (Chiropractic)	MyOptumHealthPhysicalHealthofCA.com	800-428-6337
Teladoc Medical Experts (formerly Best Doctors)	teladoc.com/medical-experts	800-835-2362
UMR (Administrator of PPO plans)	Umr.com	800-826-9781
United Healthcare (UHC)	whyuhc.com/CSVEBA	888-586-6365
VEBA Advocacy	visit: vebaonline.com/contact	888-276-0250
VEBA Resource Center	Email: VRC@vebaonline.com	619-398-4220
VSP Vision Plan	Vsp.com	800-877-7195



California Schools VEBA
MyVEBA

Welcome to MyVEBA – an online portal just for VEBA members that is packed full of great resources for you and your family! Log in to MyVEBA during Open Enrollment to explore your plan options for the upcoming year, search for a provider or get your benefit questions answered.

Through MyVEBA you can also explore our many fitness, cooking, or mindfulness classes, healthy recipes, on-demand content, and upcoming events – all FREE for VEBA members. We have something for everyone, log in today!

ENGLISH (US) ▾

GET STARTED NOW ▶

Looking for more information about VEBA carriers and benefits?

Visit the carrier rooms on MyVEBA to read flyers, watch videos or contact us directly.

Click here to visit!