

California Schools VEBA & Kindbody Benefits – 2026 Changes (Effective 1/1/2026)

The State of California has enacted Senate Bill 729 (SB 729), which requires fully insured health plans to cover the diagnosis and treatment of infertility, including in vitro fertilization (IVF). This mandate also includes coverage for fertility medications, up to 3 oocyte retrievals, and embryo transfers. These services will be integrated into HMO medical plans starting on your plan's renewal date.

What This Means for VEBA HMO Members:

Members enrolled in the following HMO plans will be affected by the state mandate: Kaiser, UnitedHealthcare (UHC), Cigna, SIMNSA, and VEBA Direct as these HMO plans will now include fertility services as part of their core medical benefits.

Kindbody will no longer administer fertility benefits for employees and their spouses or partners enrolled in UnitedHealthcare (UHC), Cigna, SIMNSA, and VEBA Direct HMO plans. However, all HMO members, including Kaiser members, will have access to a 20% discount on services at Kindbody clinics when paying out-of-pocket as self-pay patients.

Additionally, all HMO members, *excluding Kaiser members*, will have access to the following Kindbody services.

- 6 Holistic Health Sessions
- Menopause – Virtual care and support
- NEW! KindMan – Male Diagnostic & Fertility Services (up to 3 KindCycles)
- NEW! KindDoula – Virtual care with doula specialists
- NEW! Fertility Preservation (including elective preservation) (up to 3 KindCycles)

Continued Access for VEBA PPO Members:

Employees and spouses/partners enrolled in the UMR and Surest PPO plans will continue to have full access to Kindbody's fertility services, as these services will not be integrated into your core medical benefits. In addition to the current Kindbody offerings, PPO members will now enjoy a suite of new enhancements through the Kindbody program, including:

- Fertility Services (IUI, IVF) (*now up to 3 KindCycles*)
- Fertility RX
- 6 Holistic Health Sessions
- Menopause – Virtual care and support
- NEW! Fertility Preservation (including elective preservation) (up to 3 KindCycles)
- NEW! KindMan – Male Diagnostic & Fertility Services (up to 3 KindCycles)
- NEW! KindDoula – Virtual care with doula specialists

California Schools VEBA offers Kindbody as your fertility & reproductive health benefit (Effective 1/1/2026)



There are many different fertility, family-building, and reproductive care journeys, whether you are looking to preserve your fertility for the future, start a family now, optimize your health during and after pregnancy, or manage the transition through menopause. Kindbody provides end-to-end reproductive care services with a dedicated Care Navigation Team to guide you through your journey and coordinate the full-spectrum of benefits available to you and your covered family members.

Employees and spouses/partners who are enrolled in a California Schools VEBA - sponsored UMR or Surest PPO plan are eligible for the following benefits.

Your Kindbody Benefit Includes

- Up to 3 full KindCycles per member per lifetime for fertility treatments including in vitro fertilization (IVF), intrauterine insemination (IUI), egg/embryo/sperm freezing, male fertility services, and fertility medications through KindRx
- Conception, egg freezing, female and male fertility assessments to help you learn more about your fertility
- 6 virtual coaching sessions on a variety of topics like nutrition, mental wellness, lactation, return to work support, sleep training and more
- Access to the Menopause Program built to provide care and support for women experiencing perimenopause and menopause; services include a consultation with a Kindbody provider, lifestyle assessment, hormone testing (if appropriate), and 5 virtual holistic sessions.
- Access to the KindDoula program which includes 8 virtual visits with a dedicated Kindbody Doula. Your Doula will work with you during and after your pregnancy to ensure you have support, resources, and information to help you prepare for a successful birth journey.
- Dedicated Care Navigation Team
- Access to Kindbody's network of Signature and Partner clinics
- Access to Kindbody's personalized patient portal inclusive of educational resources and videos

Note: Employees and spouses/partners enrolled on the California Schools VEBA - sponsored HMO or Kaiser plan will have access to VEBA discounted rates at Kindbody Signature clinics. These direct discounts are offered directly by Kindbody and not through the California Schools VEBA benefit program.

How to Get Started with Kindbody

- 1 Head to kindbody.com/activate
- 2 Create your Kindbody account using any email address
- 3 Confirm eligibility by entering access code **KINDCSVEBA** and your unique user ID as follows:
 - *Employee:* First Name + Last Name + -E + last four digit of your social security number (Example: JaneDoe-E1234)
 - *Spouse/domestic partner:* First Name + Last Name + -D + last four digit of the spouse/domestic partner's social security number (Example: JonDoe-D5678)



kindbody +

CALIFORNIA SCHOOLS



Kindbody Doula Program

(Effective 1/1/2026)



KindDoula is a program designed to optimize your health during and after pregnancy. Our primary goal is to have a healthy parent and baby. Our doulas will support you through your pregnancy during the eight (8) included sessions – helping you build and communicate your specific birth plan with your provider.

Employees and spouses/partners who are enrolled on the California Schools VEBA - sponsored Cigna, UHC, UMR, Surest or SIMNSA plan are eligible for the KindDoula Program.



Our Services

- Trimester-specific education
- Addressing common pregnancy symptoms
- Education on pregnancy complications
- What to expect at routine visits
- Blood pressure education
- Nutrition support
- Physical activity guidance
- Signs of preterm labor
- Birth plan development
- Fetal kick counts
- Preparing for delivery
- Bringing baby home
- Infant feeding/lactation support
- Post delivery self-care
- Postpartum depression



Pregnancy support



Nutrition guidance



Pregnancy fitness



Mental health



Preparing for delivery

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- 3** Book your virtual visit and **start your Kindbody journey!**

Menopause Program



Navigating menopause can be overwhelming, but you don't have to do it alone. Kindbody's comprehensive menopause program is designed to support your unique journey with personalized care and expert guidance. Let us help you feel empowered and supported every step of the way.

Employees and spouses/partners who are enrolled on the California Schools VEBA - sponsored Cigna, UHC, UMR, Surest or SIMNSA plan are eligible for the Kindbody Menopause Program.



Enroll in our Menopause Journey

No more suffering in silence.

If you are experiencing perimenopausal or menopausal symptoms, enroll today to learn how we can help you live more vibrantly. Program includes personalized care with menopause trained OBGYNs along with our holistic team of providers to support you with:

- Gynecology/Wellness
- Nutrition & Fitness
- Mental & Emotional health
- Sexual Health
- Career and Life transitions

Enroll Today

Program Features

- 2 virtual visits with a Kindbody specialty provider
- Lifestyle assessment
- Prescription hormone replacement therapy (if appropriate)*
- Up to 3 holistic health sessions based on your unique symptoms/needs
- Referral and navigation to local in-network providers including primary care physician, gynecologist, and psychologists/psychiatrists

**Billed to your major medical plan*



Kindbody patient navigators



E-books, webinars, workshops, and support groups



Menopause community



Blogs, content, on demand educational videos

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- 3 Navigate to the Menopause tile in your Patient Portal landing page, select "Enroll Today" and schedule your intake call.

Male Infertility



Male Infertility is common, treatable, and rarely discussed

No matter where you are in your journey towards conception, it is important to take the step of getting a male assessment.

The process is easy: a Male Fertility Assessment includes a semen analysis and a consultation with a male fertility specialist. From there, we will make expert recommendations on your next steps.

Did You Know?

Infertility occurs equally between both males and females. If you and your partner are trying to conceive, it's important to be aware of male infertility factors that elevate your risk and how they can affect your chances of successful conception.



Kindman Coverage (effective 1/1/2026)

- Abnormal Semen Analysis Follow-up Consult, includes male hormone panel and DNA fragmentation testing
- IUI Diagnostic Workup (Epigenetic Sperm Quality Testing + Results Consult) to determine if IUI is the most appropriate treatment plan
- Testicular Sperm Extraction (TESE) and Percutaneous Epididymal Sperm Aspiration (PESA) procedures

Note: Kindman provides coverage for services otherwise not covered under your medical plan (initial semen analysis is covered under your medical plan)

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Eligibility: Employees and spouses/partners who are enrolled on the California Schools VEBA - sponsored Cigna, UHC, UMR, Surest or SIMNSA plan

Holistic Care Beyond the Four Walls of the Clinic



Meet Kindbody360

We believe that everyone deserves dynamic and integrative healthcare. Our care continuum provides holistic support throughout every phase of the family-building journey and beyond. This includes general wellness, support for those trying to conceive, pre and postpartum care, menopause support, and more. Our robust network of providers offer care both in-clinic and virtually.

Support that Goes Beyond the Treatment Plan

Supporting your emotional, mental, and physical health is an essential part of your journey at Kindbody. Our goal is to provide the best possible full-spectrum fertility and family-building care every step of the way.

- Comprehensive care that provides holistic support from pre to postpartum
- High-quality holistic providers, coaches, and therapists carefully curated for your workforce
- Seamless online scheduling with virtual and in-clinic access

Integrative Dynamic Care

- Trying to conceive
- Surrogacy, donor, and adoption
- Postpartum support
- Mental health support
- Mindfulness and Eastern medicine
- Return to work support
- Men's health
- Pregnancy care
- Menopause care
- Wellness and nutrition
- Somatic (movement) therapy

Get Started Using Your 6 Holistic Health Sessions with Kindbody

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