

## Mental Health Resources

Access to mental well-being resources when & how you need them.

| Benefit & What it Offers                                                                                                                                                                                        | Availability & How to Access                                                                                                                                                                                                                                                             |
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| <b>Optum Emotional Well-Being Solutions Dedicated Consultants</b><br>Get mental health support for stress, anxiety, depression, work-life balance issues, and more.                                             | Virtual or in-person (Kearny Mesa Resource Center)<br>Call <b>888-625-4809</b><br>Visit <a href="http://Eap-member.optum.com/Register">Eap-member.optum.com/Register</a>                                                                                                                 |
| <b>Therapy</b><br>Connect with a licensed therapist for urgent support, bridging the gap between your care needs and the services provided by your medical group.                                               | Virtual or in-person options<br>Adults, couples, family, or youth therapy<br><b>Monday-Friday, 1 pm – 7 pm</b><br>Book <a href="http://Healow.com/apps/provider/-kalenariffenburg-2935757">Healow.com/apps/provider/-kalenariffenburg-2935757</a>                                        |
| <b>Navigating Life Transitions</b><br>Led by a licensed therapist, this supportive, confidential group helps members navigate life's changes (preparing for marriage, adjusting to parenthood) with resilience. | Virtual or in-person options<br>Multi-week program<br>Register/Learn More <a href="http://VEBAResourceCenter.com/Navigating-life-transitions/">VEBAResourceCenter.com/Navigating-life-transitions/</a>                                                                                   |
| <b>Optum Emotional Well-Being Solutions (EWS)</b><br>Get support for life's challenges or more serious problems, from improving relationships to work/life balance.                                             | Available to CalVEBA members and members of their household<br>Access 24/7 (by phone), 365 days/year<br>No cost, in network<br>Five consulting visits per incident<br>Call <b>888-625-4809</b><br>Visit <a href="http://LiveAndWorkWell.com/">LiveAndWorkWell.com/</a> Access code: VEBA |

## CalVEBA Members Benefits & Resources

Our goal is to make health care better for you and your family. By continually evaluating needs, we are committed to providing accessible, diverse resources to ensure our members can take an active role in their health and wellness journey.

| Benefit & What it Offers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Availability & How to Access                                                                                                                                                                                                                                        |
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| <b>Advocacy Team</b><br>Health care can be confusing. That's why we have a dedicated team of experts at hand ready to assist. Think of us as your healthcare concierge. We are here to help you with: <ul style="list-style-type: none"><li>• Benefits questions</li><li>• Finding a doctor/choosing a doctor</li><li>• Connecting with your carrier</li><li>• Helping you understand your bill</li><li>• Helping you navigate the system</li></ul>                                                                           | Benefits questions? Support is just a call or click away.<br>Monday-Friday, 8 am – 5 pm<br>Call <b>888-276-0250</b><br>Visit <a href="https://vebaonline.com/contact">VEBAOnline.com/Contact</a> to submit a request                                                |
| <b>Care Navigation</b><br>Partner with a Care Navigator, a holistic nurse, for support, guidance, and resources to create a customized plan for your overall health and well-being goals. The program also includes a health and well-being assessment and follow-up appointments.                                                                                                                                                                                                                                            | Free, confidential service<br>For CalVEBA members<br>Visit <a href="https://vebresourcecenter.com/care-navigation">VEBAResourceCenter.com/Care-Navigation</a> to schedule an appointment                                                                            |
| <b>Teladoc Medical Experts</b><br>When facing significant medical decisions, having expert medical advice can make all the difference. Get access to 50,000+ world-renowned doctors for a second opinion on a diagnosis or treatment plan.                                                                                                                                                                                                                                                                                    | Free service<br>For you and your eligible dependents<br>Visit <a href="https://teladochealth.com/medicalexperts">Teladochealth.com/MedicalExperts</a>                                                                                                               |
| <b>Whole Health Coaching</b><br>Based on the Eight Dimensions of Wellness, this program offers multiple sessions with a coach to guide goal setting and develop a personalized wellness plan that is practical, flexible, and sustainable. Receive guidance and support for attainable health goals like: <ul style="list-style-type: none"><li>• Stress management</li><li>• Enhancing sleep quality</li><li>• Healthy eating/weight control</li><li>• Coping with aging, life transitions, and chronic conditions</li></ul> | Free program for CalVEBA members<br>Schedule a consultation with a Care Navigator, a holistic Registered Nurse to get started<br>Visit <a href="https://vebresourcecenter.com/whole-health-coaching">VEBAResourceCenter.com/Whole-Health-Coaching</a> to learn more |

| Benefit & What it Offers                                                                                                                                                                                                                                                                                                                                                                                                              | Availability & How to Access                                                                                                                                                                                                                                                                                                                       |
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| <p><b>Kindbody: Fertility and Menopause Support</b><br/>If you are looking to grow your family or need assistance in your post-reproductive years, there is support. Through dedicated Kindbody care navigation, Kindbody provides:</p> <ul style="list-style-type: none"> <li>• Fertility services</li> <li>• Menopause support</li> <li>• NEW: KindMan</li> <li>• NEW: Kind Doula</li> <li>• NEW: Fertility preservation</li> </ul> | <p><b>Applies to Plans:</b></p> <ul style="list-style-type: none"> <li>• UMR PPO</li> <li>• UHC, Kaiser, and Cigna plans: Employees and spouses/partners enrolled in these plans will have access to CalVEBA discounted rates at Kindbody Signature clinics.</li> <li>• Visit <a href="https://Kindbody.com/VEBA">Kindbody.com/VEBA</a></li> </ul> |
| <p><b>InsideRx Pets</b><br/>By leveraging pooled purchasing power, we reduce costs for your pet expenses.</p> <ul style="list-style-type: none"> <li>• Save on human medications often prescribed for pets.</li> <li>• Members save an average of 75% for generics and 15% for brands</li> </ul>                                                                                                                                      | <p>Free and simple to use<br/>Use the card or mobile app<br/>Offers access to affordable brand and generic medications at 60,000 retail pharmacies across the U.S.<br/>Visit <a href="https://Insiderx.com/Pets">Insiderx.com/Pets</a></p>                                                                                                         |
| <p><b>My VEBA App &amp; Portal</b><br/>This online portal is full of great resources for members.</p> <ul style="list-style-type: none"> <li>• Log in during Open Enrollment to view your current plan, explore your plan options, search for a provider, and more.</li> <li>• You can also explore fitness, cooking, or mindfulness classes, healthy recipes, on-demand content, and upcoming events.</li> </ul>                     | <p>Free for members<br/>Available via app or on desktop<br/>Visit <a href="https://MyVEBA.org">MyVEBA.org</a> to get started</p>                                                                                                                                                                                                                   |

## Expanded Resource Access

*Wellness, Wherever You Are*

**Flexible Access: Virtual, On-Demand, and In-Person**

- ▶ **On-Demand Workout/Wellness Videos:** [VEBAResourceCenter.com/Video-library](https://VEBAResourceCenter.com/Video-library)
- ▶ **Cooking & Nutrition Classes:** [VEBAResourceCenter.com/Cooking-nutrition](https://VEBAResourceCenter.com/Cooking-nutrition)
- ▶ **Stress Management:** Acupuncture and acupressure, meditation, yoga, and group counseling. Sign up at [VEBAResourceCenter.com/Calendar](https://VEBAResourceCenter.com/Calendar)
- ▶ **Movement:** Take classes such as strength training, dance fitness, HIIT cardio, and more. Sign up at [VEBAResourceCenter.com/Calendar](https://VEBAResourceCenter.com/Calendar)