

CALIFORNIA SCHOOLS VEBA (CaIVEBA) MEMBERS

Chula Vista Resource Center Opening January 12

Discover wellness at the Chula Vista Resource Center starting January 12!

Our newest location was designed to bring more opportunities for health and well-being to our community. It's a welcoming space for movement, mindfulness, and holistic care—offering programs that help you feel your best, inside and out.

We're excited to offer a variety of classes and services, including:

- Mat Pilates & Yoga
- Strength Training
- Cooking Classes
- Sound Healing & Meditation
- Group Acupuncture
- and more!

[Register For Classes](#)

Year-Round Services Include:

- Group Acupuncture: Mondays & Wednesdays, 4 pm – 6 pm
- Care Navigation: Tuesdays & Thursdays, 12 pm – 7 pm
- In-Person & Virtual Classes: Join onsite or from anywhere

Location: 333 H Street, Suite 6020, Chula Vista, CA 91910

Hours: Monday – Thursday, 12 pm – 7 pm

Free onsite parking is available, for details view the map [here](#).

New Sessions: Navigating Life Transitions

Life changes—big or small—can feel overwhelming. Whether you're adjusting to a new role, preparing for parenthood, or facing unexpected challenges, the **Navigating Life Transition program** offers tools to help you thrive.

January 2026

CALIFORNIA SCHOOLS
VEBA YOUR HEALTH,
OUR PURPOSE

Join our **six-week virtual group** led by a licensed therapist and explore topics like **stress management, nutrition for brain health, coping strategies, and building resilience**. Drop in for one session or attend all six, finding support when you need it.

Tuesdays, January 13 – February 17

5 pm – 6 pm

Virtual via Zoom

Reserve your spot today and start the year with confidence.

[Register Now.](#)

New: Metabolic Reset Virtual Introduction

Ready to boost energy, improve digestion, and build sustainable habits? Our **Metabolic Reset program** blends acupuncture, movement, nutrition awareness, and holistic practices to help you feel your best—inside and out.

Join a virtual introduction session to learn how this program supports long-term wellness through integrated approaches like **Whole Health Coaching, nutrition tips, and healing through natural medicine**.

Wednesday, January 14 or January 28

4 pm – 5 pm

Virtual via Zoom

[Reserve Your Spot.](#)

Featured Program: Whole Health Coaching

New for 2026: You can now book directly with a Whole Health Coach!

Whole Health Coaching offers personalized, one-on-one support to help you set goals, overcome barriers, and create sustainable habits for your well-being. Whether you're focusing on stress management, nutrition, or lifestyle changes, connecting with a coach makes it easier to take action.

[Learn More & Book a Session.](#)

Pair your coaching sessions with this workshop for a hands-on approach to achieving your goals.

Unstuck: Finding Alignment & Motivation For Real Change

The new year often inspires big goals—but how do you turn your intentions into action? This workshop helps you bridge the gap between wanting to change and making it happen.

Discover how to identify your core values, set achievable goals, and overcome hidden barriers so progress feels natural and sustainable.

Join Us:

Thursday, January 29

5 pm – 6 pm

Virtual via Zoom

[Register Now.](#)



New Year, New Health Plan Checklist

The start of a new year is the perfect time to make sure your health care stays on track. Many people stop at plan selection—but small oversights can lead to missed appointments, delays in treatment, and unexpected costs. Our blog [New Year, New Health Plan: 4 Ways to Maximize Your Benefits](#) offers quick steps help you stay ahead and protect your health:

1. Choose Your Primary Care Provider (PCP)

Confirm your PCP to ensure coordinated care and easy access to referrals. If you don't select one, your plan will automatically assign one.

2. Schedule Preventive Care Appointments

Annual checkups and screenings are key for early detection and long-term wellness.

3. Ask About Continuity of Care

If you switched plans and have ongoing health needs, confirm coverage for existing providers to avoid treatment delays.

Read the full blog for tips and resources to feel prepared going into 2026.

[Read More.](#)

Why Preventive Care Matters: Start the Year Strong

Don't wait until you're sick to see your doctor. Preventive care is about protecting your health before problems arise—and the new year is the perfect time to make it a priority.

What is Preventive Care?

Regular checkups, screenings, and immunizations help detect issues early and keep you on track with your wellness goals. These visits give you and your doctor the chance to work together to prevent illness and maintain long-term health.

What's Typically Included?

- **Physical Exams:** Review your health history and medications.
- **Immunizations:** Protect against common diseases like flu and tetanus.
- **Screenings:** Detect conditions early for better outcomes.

Explore more in our blog: [The Importance of Preventive Care](#), for practical tips and guidance on which screenings to prioritize by age.

[Read More.](#)

Your Guide to 2026 Benefits: Everything You Need in One Place

Start the year prepared with the resources that help you make the most of your health plan. Your **CalVEBA Member Benefits Guide**, along with your **Summary of Benefits (SOB)** and **Summary of Benefits and Coverage (SBC)**, are essential tools for understanding your coverage and planning care confidently.

What Are These Documents?

- **CalVEBA Member Benefits Guide:** A complete overview of your available programs and services, including mental health and supplemental benefits.
- **Summary of Benefits (SOB):** A quick snapshot of what your plan covers—ideal for a high-level view.

- **Summary of Benefits and Coverage (SBC):** A detailed breakdown of costs, coverage, and examples of how your plan works in real-life scenarios. Perfect for planning doctor visits, prescriptions, or comparing costs.

When to Use Them:

- Before scheduling care or procedures
- To confirm coverage and out-of-pocket costs
- When comparing services or planning for major health needs

Access Your Documents:

Log in to [MyVEBA.org/fair/index](https://myveba.org/fair/index) and download your personalized guide and plan documents. **Need Help Logging In?** Visit [VEBAOnline.com/MyVEBA](https://vebaonline.com/MyVEBA) for FAQs and support from The California Schools VEBA Advocacy Team.

Know your benefits and use them to your advantage!

We're Here to Help: Support Services

Navigating health care can feel overwhelming—but you don't have to do it alone. Whether you need help scheduling care, understanding your benefits, or resolving issues, **The Advocacy Team** is your first point of contact.

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).

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 California Schools VEBA (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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